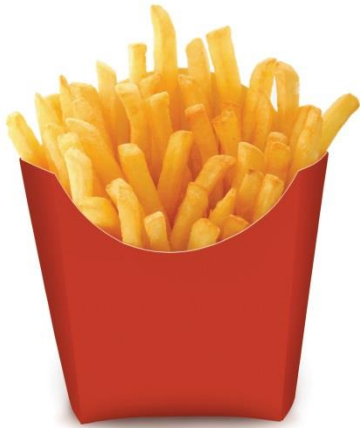


Name: \_\_\_\_\_

# Can you pick the swaps for these foods to make them healthier options?



Perhaps you can suggest your own swaps?



fizzy drinks

cereal

crisps

salad

flapjack

fat

sugar

vitamins

minerals

carbohydrates

fibres

protein

healthy eating