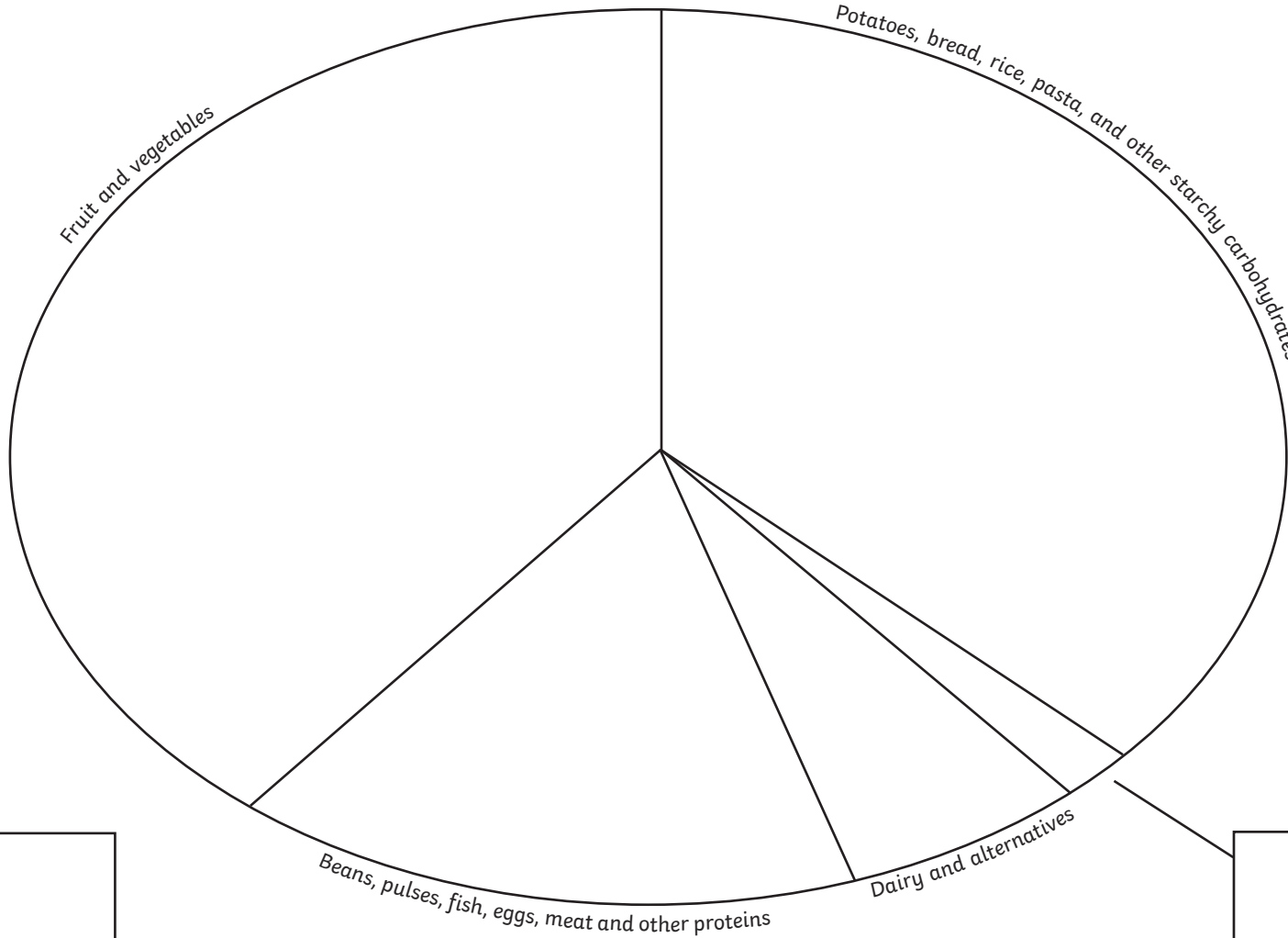
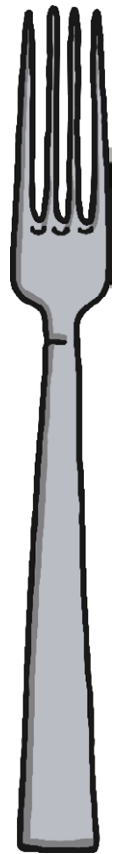


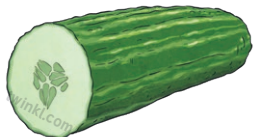
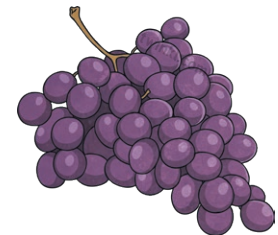
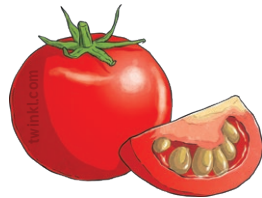
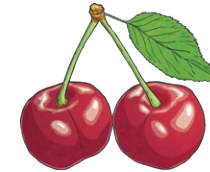
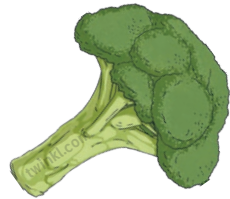
Healthy Eating Meal

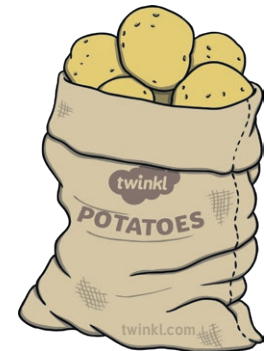
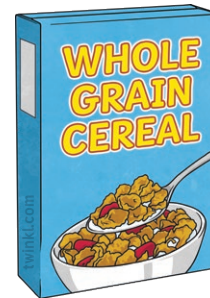
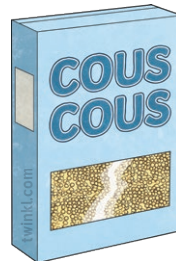


High in fat, salt and sugar

Oils and spreads

Cut out the food to sort and put on your plate.





Cut out the food to sort and put on your plate.

Crisps	Fizzy drink	Pasta	Fish fingers	Bread
Chocolate	Strawberries	Yoghurt	Fish and chips	Burger
Lettuce	Chicken	Cucumber	Steak	Apple
Peas	Olive oil	Potatoes	Butter	Cereal
Fish	Cheese	Meat	Banana	Broccoli
Baked beans				