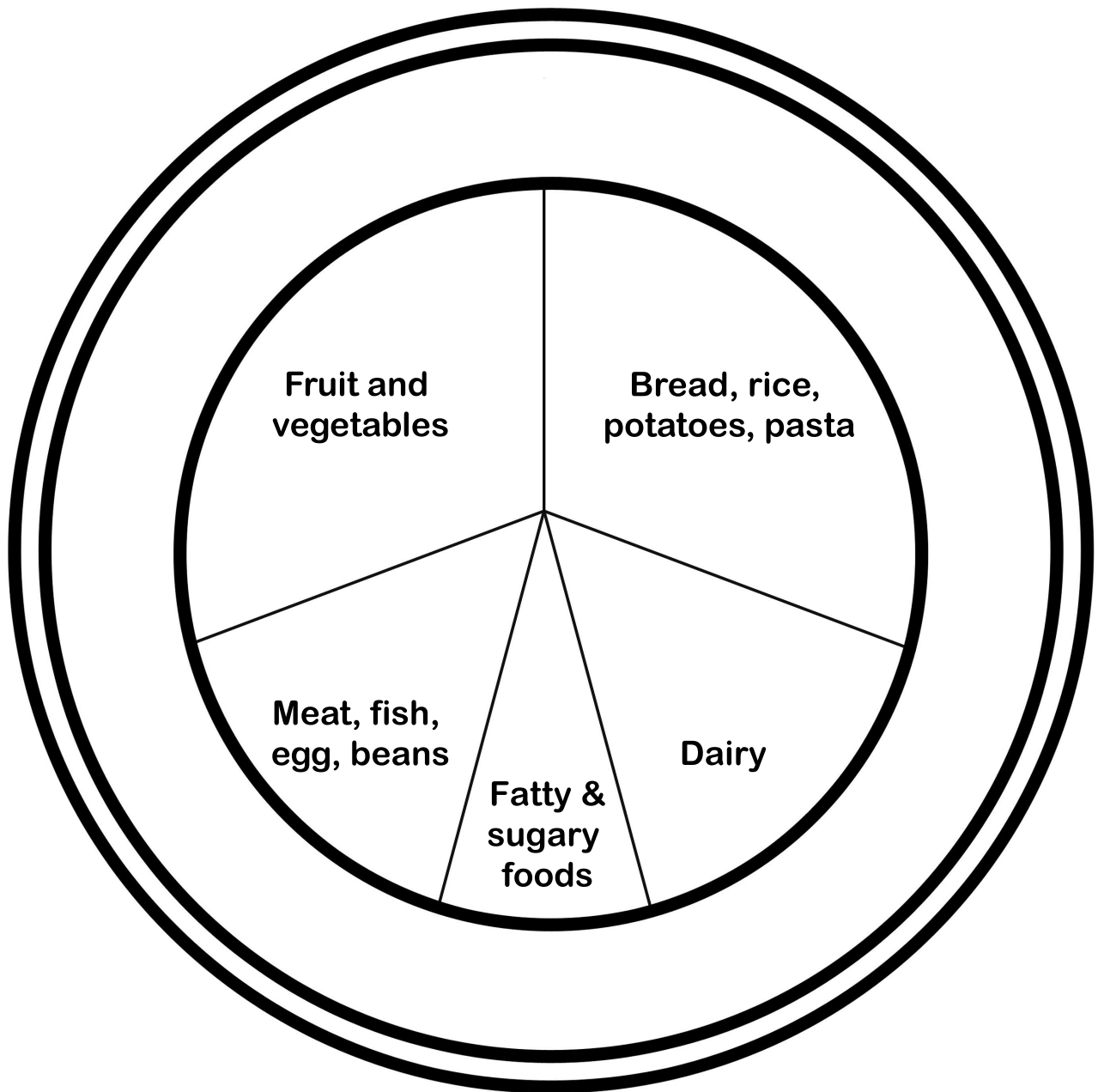


# Balanced Plate Activity Sheet



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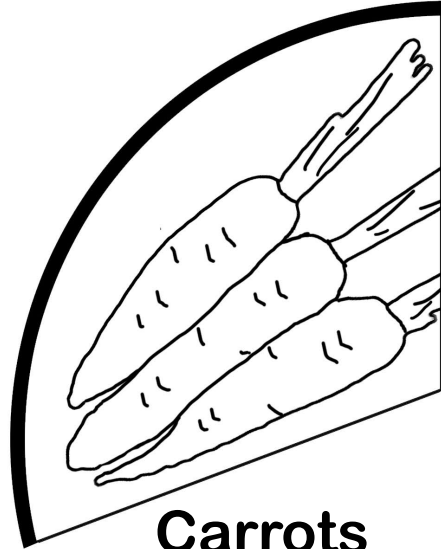
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# Balanced Plate Activity Sheet

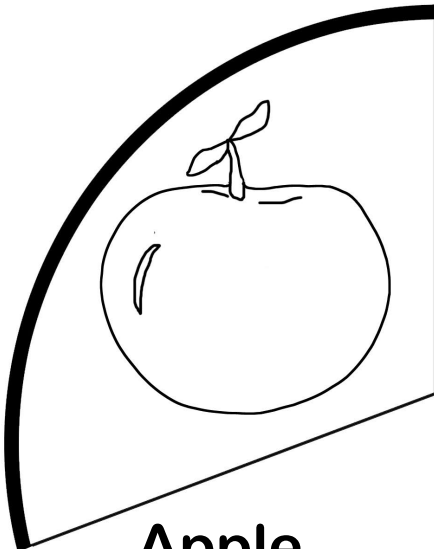
## Fruit and vegetables



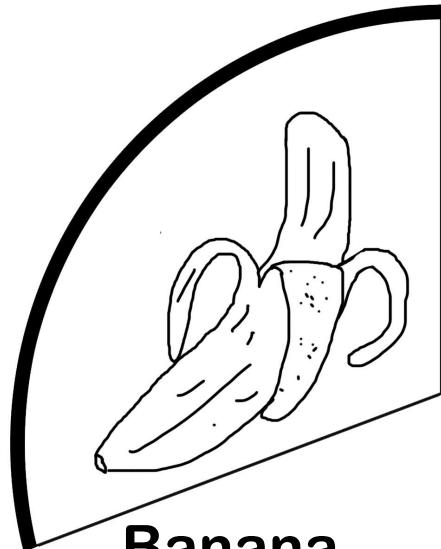
**Broccoli**



**Carrots**



**Apple**



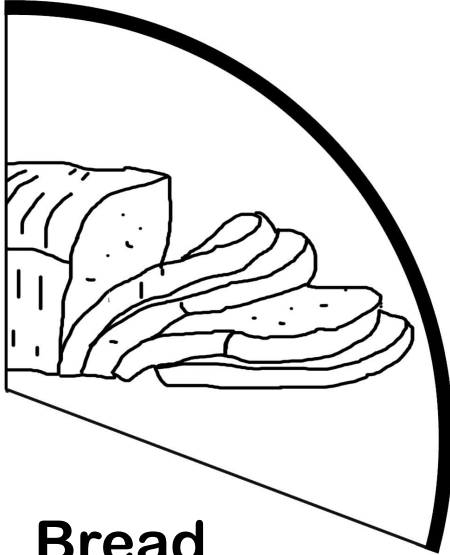
**Banana**

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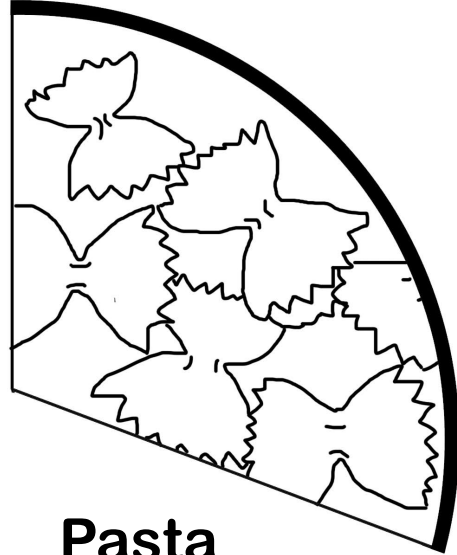
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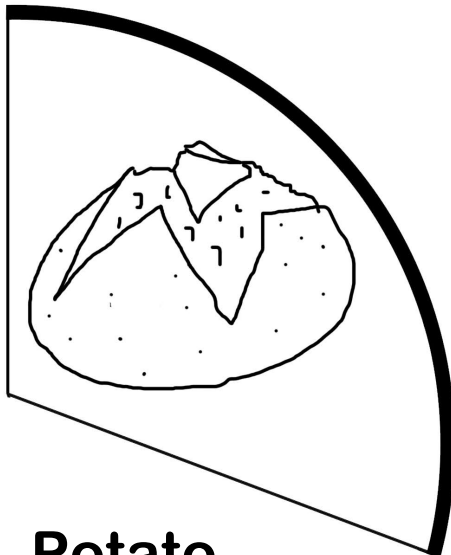
## Bread, rice and other starchy foods



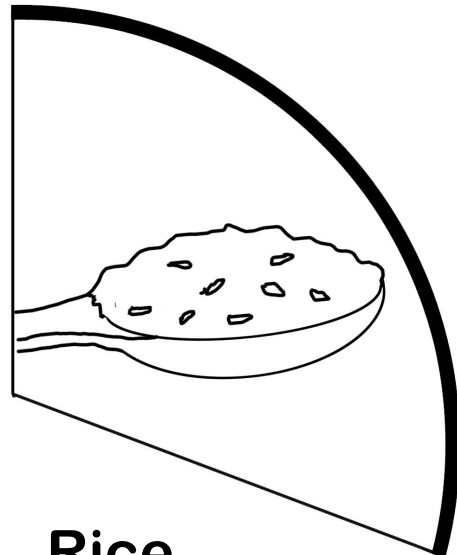
**Bread**



**Pasta**



**Potato**



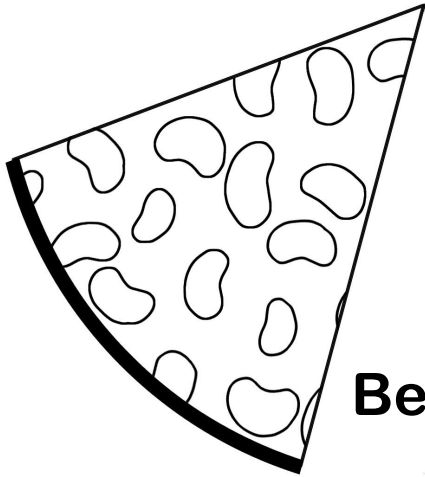
**Rice**

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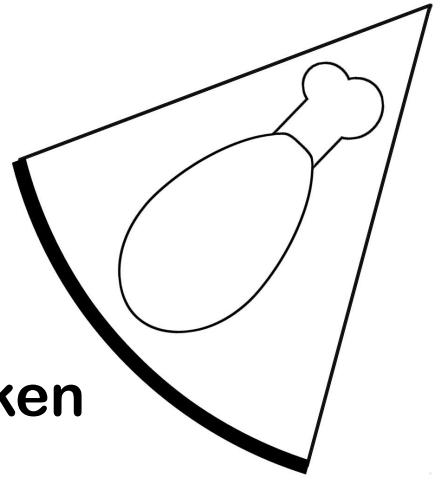
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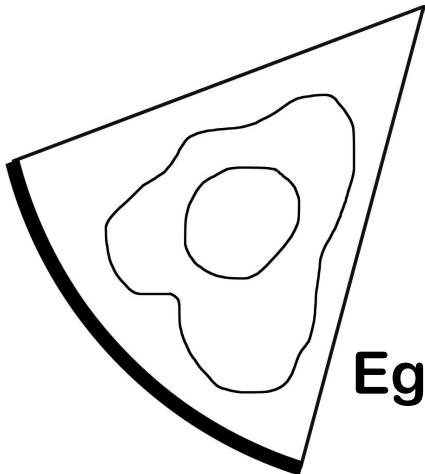
## Meat, fish, egg, beans, non-dairy proteins



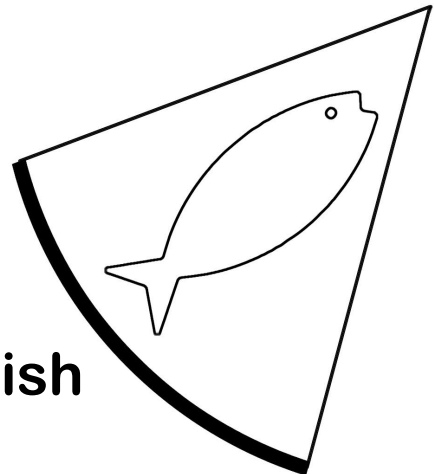
**Beans**



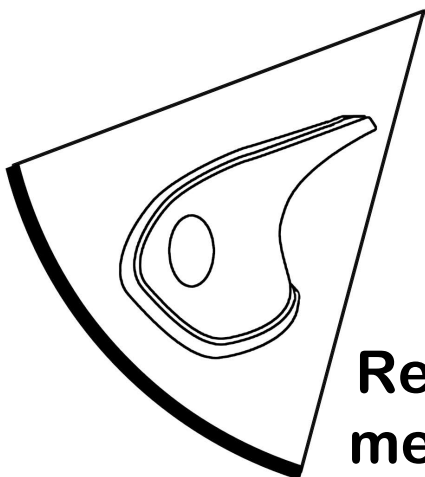
**Chicken**



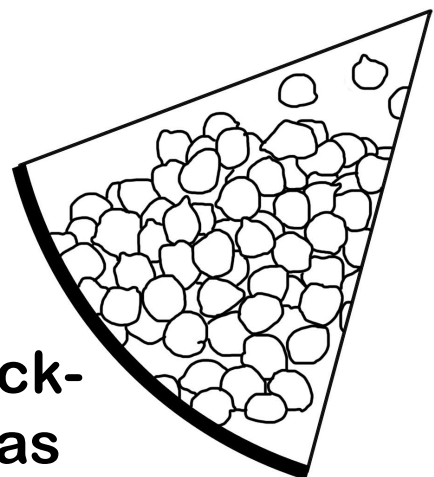
**Egg**



**Fish**



**Red  
meat**



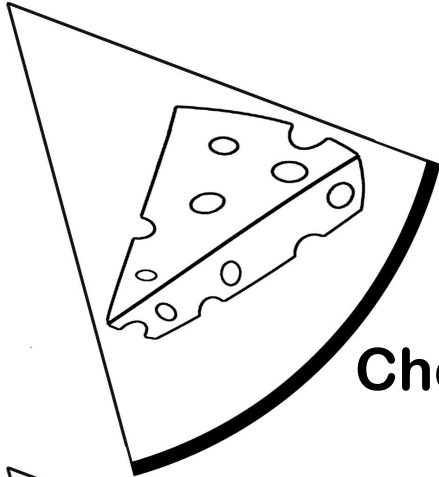
**Chick-  
peas**

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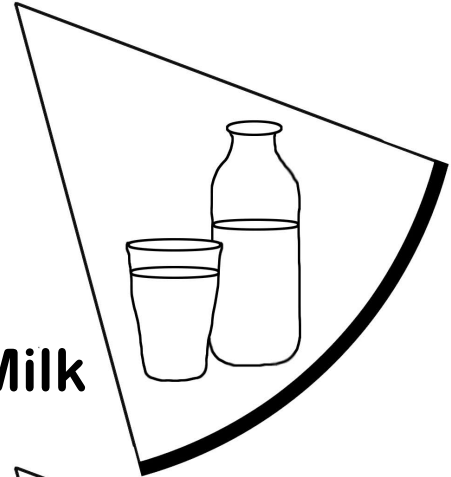
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# Balanced Plate Activity Sheet

## Milk and dairy foods



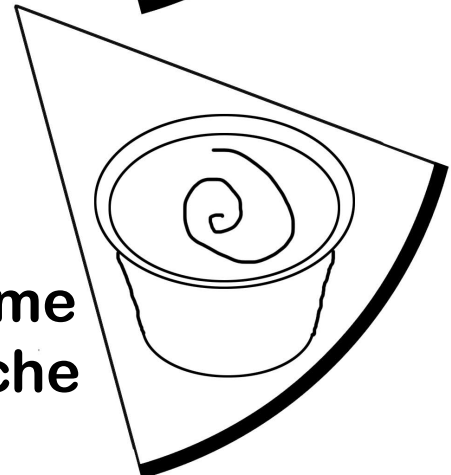
**Cheese**



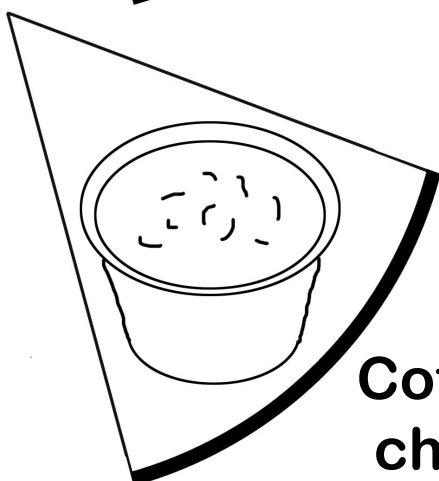
**Milk**



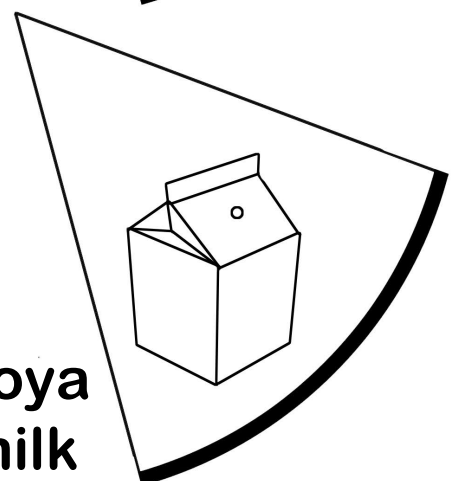
**Yoghurt**



**Crème  
fraîche**



**Cottage  
cheese**



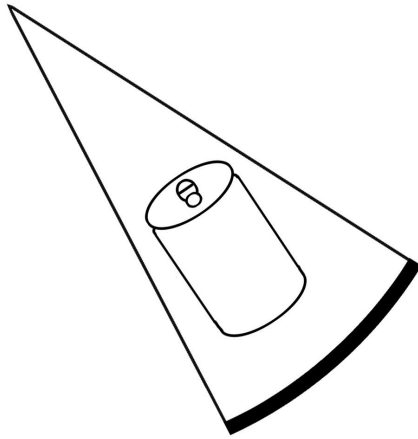
**Soya  
milk**

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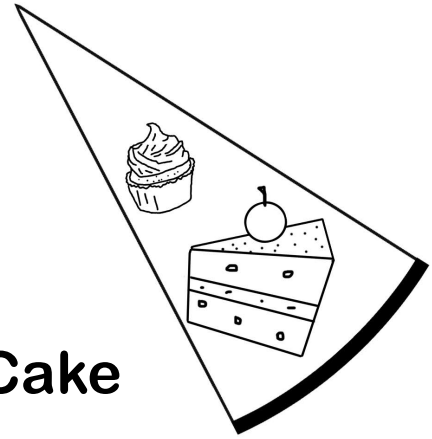
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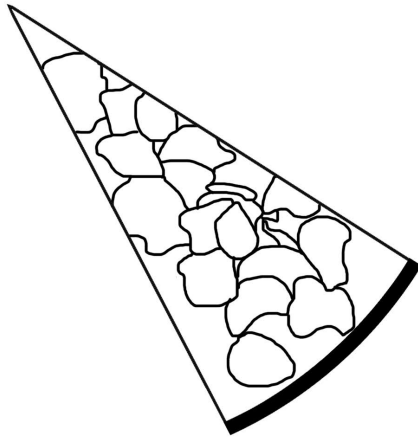
## Sugary and fatty foods



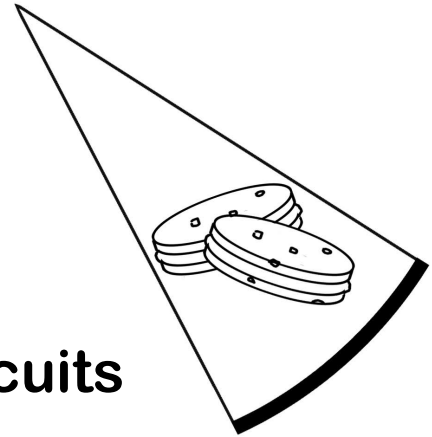
**Fizzy  
drink**



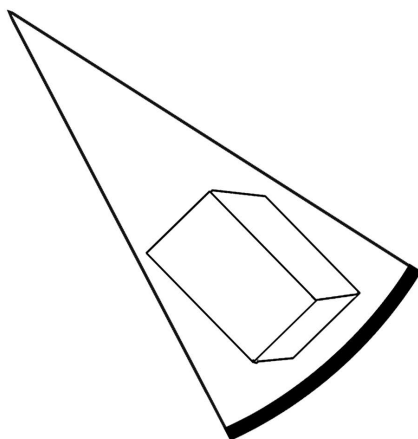
**Cake**



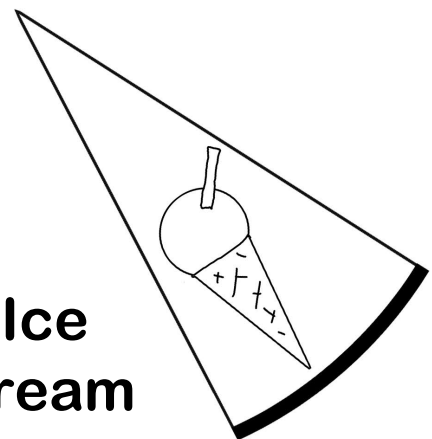
**Crisps**



**Biscuits**



**Butter**



**Ice  
cream**

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