

Let's eat well and stay healthy!



To stay healthy we need to eat different foods.



What foods can you see here?

Can you see these foods?

A red pepper



A bowl of potatoes



A boiled egg



We need to eat **lots** of foods like these.



Name 3 other foods like these?

We need to eat **lots** of foods like these.



Which of these foods is your favourite?

Bread, rice, potatoes, pasta and other starchy foods

We need to eat **some** foods like these.



Have you eaten any of these foods today?

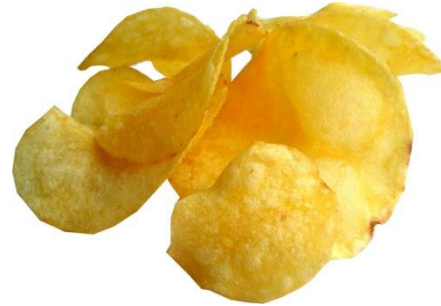
We need to eat **some** foods like these.



Can you name these foods?

Meat, fish, eggs, beans and other non-dairy sources of protein

We should only eat **a little** of foods like these.



Foods and drinks high in fat and/or sugar

Do we need **lots**, **some** or **a little** of foods like these?



Lots!



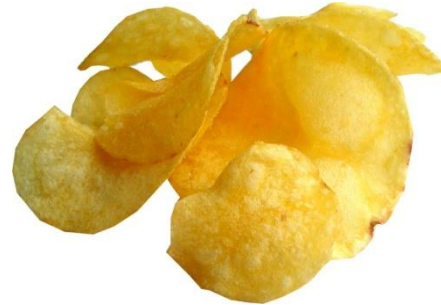
Do we need **lots**, **some** or **a little** of foods like these?



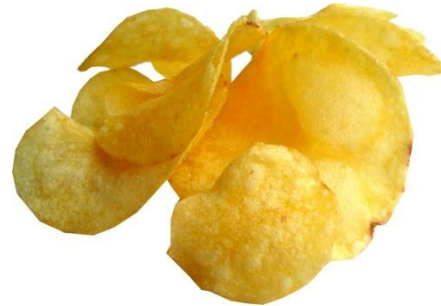
Some!



Should we eat **lots**, **some** or **a little** of foods like these?



A little!



To stay healthy, we need to eat different foods everyday.



Can you name these foods?



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