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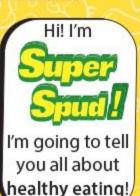
LET'S START!







THE EATWELL PLATE



Eating healthy food is not difficult. In fact, it is very easy! Take a look at the eatwell plate!

Your body needs foods from each group. This is called a balanced diet. Which foods should you eat a lot of?

The smallest section on the eatwell plate means that you do not need a lot of these foods. We call them empty foods. They haven't got anything in them that is good for your body!

You don't have to eat the foods from every group all in one meal! You can eat them throughout a day!