

the eatwell plate



Vegetables & fruit

Vegetables and fruit are good for you. They are full of vitamins and minerals. They also help to keep you healthy and strong.

Starchy carbohydrates

Starchy carbohydrates are good for you. They are full of energy and help to keep you healthy and strong.

Protein

Protein is good for you. It helps to build and repair your muscles and bones. It also helps to keep you healthy and strong.

Dairy

Dairy is good for you. It is full of calcium and helps to keep your bones strong. It also helps to keep you healthy and strong.

Fats and sugars

Fats and sugars are good for you. They are full of energy and help to keep you healthy and strong.

