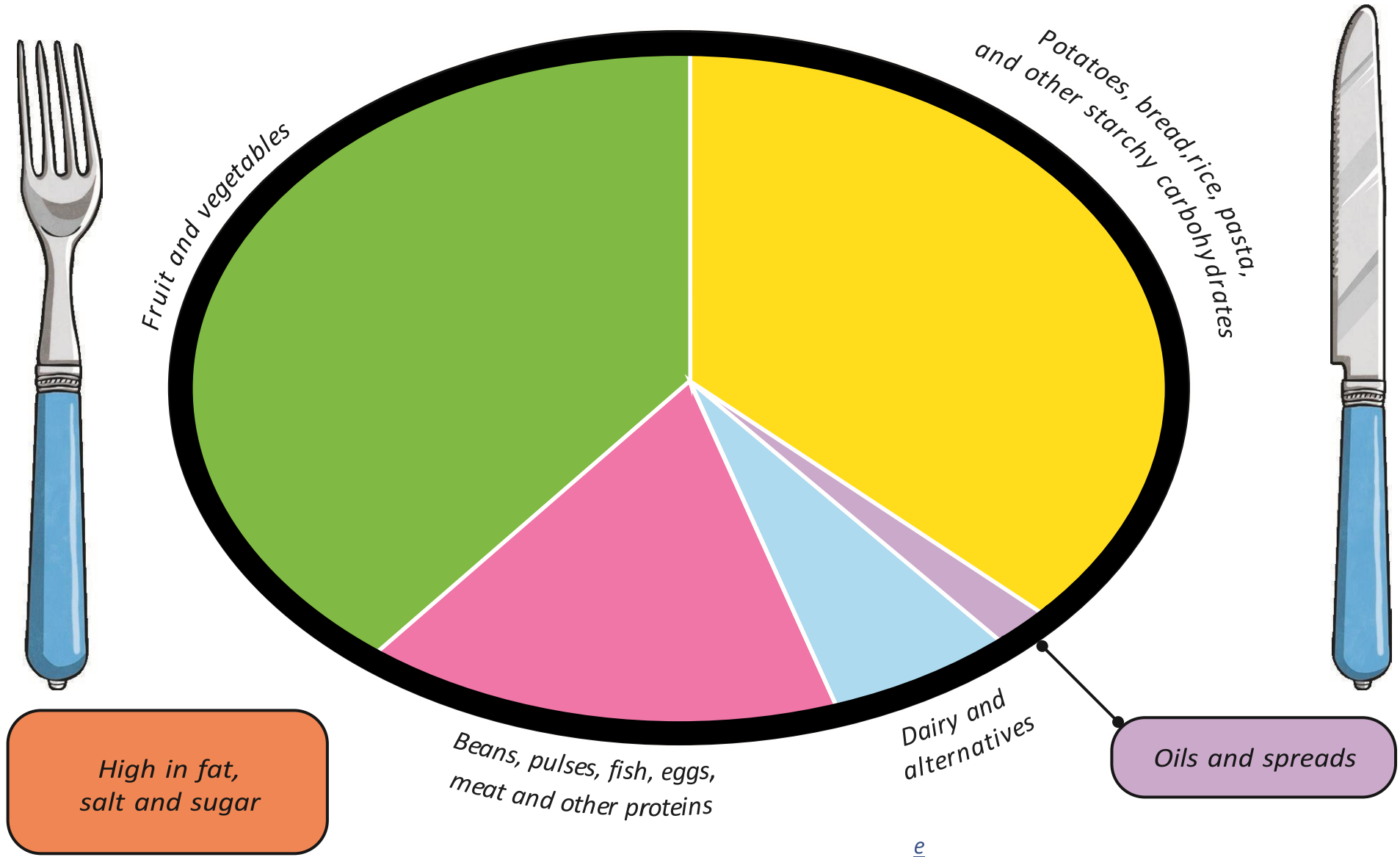
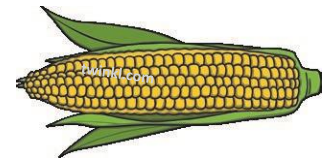
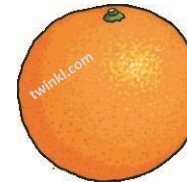
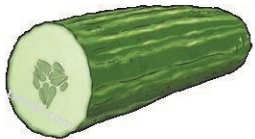
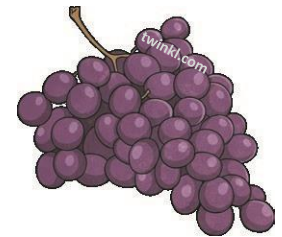
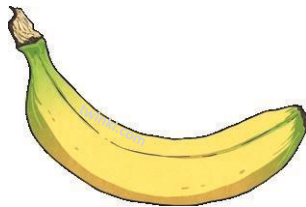
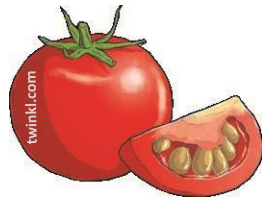
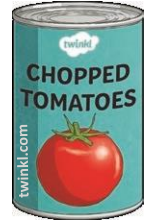
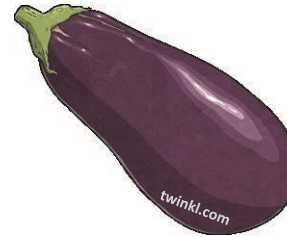
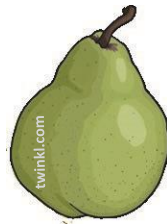
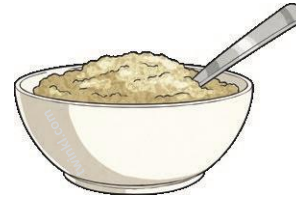
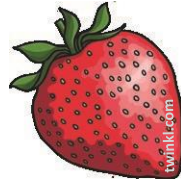


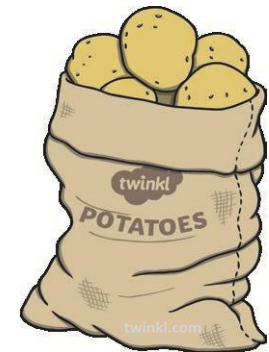
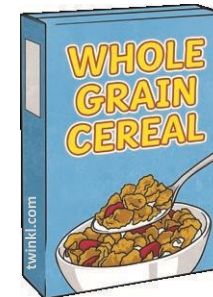
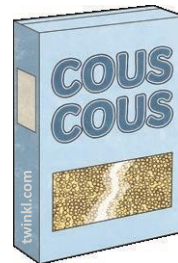
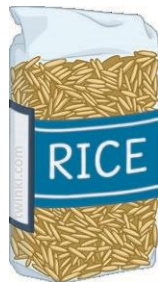
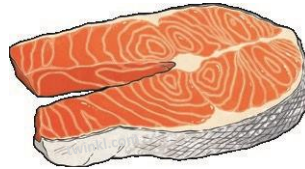
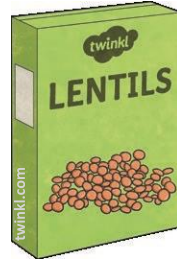
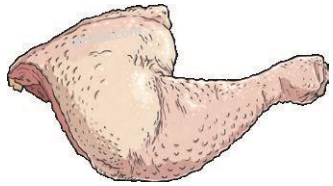
APF ACTIVITY CAMPS – Food Plate

Task 1: Name 5 food items that are bad for you and state why.

Task 2: Cut out the food items and stick them on the food plate. Explain why you think they are good for you.







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

<i>Crisps</i>	<i>Fizzy drink</i>	<i>Pasta</i>	<i>Fish fingers</i>	<i>Bread</i>
<i>Chocolate</i>	<i>Strawberries</i>	<i>Yoghurt</i>	<i>Fish and chips</i>	<i>Burger</i>
<i>Lettuce</i>	<i>Chicken</i>	<i>Cucumber</i>	<i>Steak</i>	<i>Apple</i>
<i>Peas</i>	<i>Olive oil</i>	<i>Potatoes</i>	<i>Butter</i>	<i>Cereal</i>

<i>Fish</i>	<i>Cheese</i>	<i>Meat</i>	<i>Banana</i>	<i>Broccoli</i>
<i>Baked beans</i>				

Healthy Eating Meal - Pictures - Answers

<i>Fruits and Vegetables</i>	<i>Potatoes, bread, rice, pasta, and other starchy carbohydrates</i>	<i>Oils and spreads</i>	<i>Dairy and alternatives</i>	<i>Beans, pulses, fish, eggs, meat and other proteins</i>	<i>High in fat, salt and sugar</i>
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