Healthy Eating

Divided Plate Sorting PowerPoint

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crisps
yoghurt
lettuce
chick peas
fish fingers
bread
apple
broccoli
strawberry
fish and chips
beans
cereal
burger
banana
peas
chicken
potatoes
fizzy drink
oil
nuts
cheese
rice
cucumber
steak
butter
fish
egg
pasta
Fruits and vegetables
Potatoes, bread, rice, pasta and other starchy carbohydrates
Dairy and alternatives
Beans, pulses, fish, eggs, meat and other proteins
Oils and spreads
High in fat, salt and sugar

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