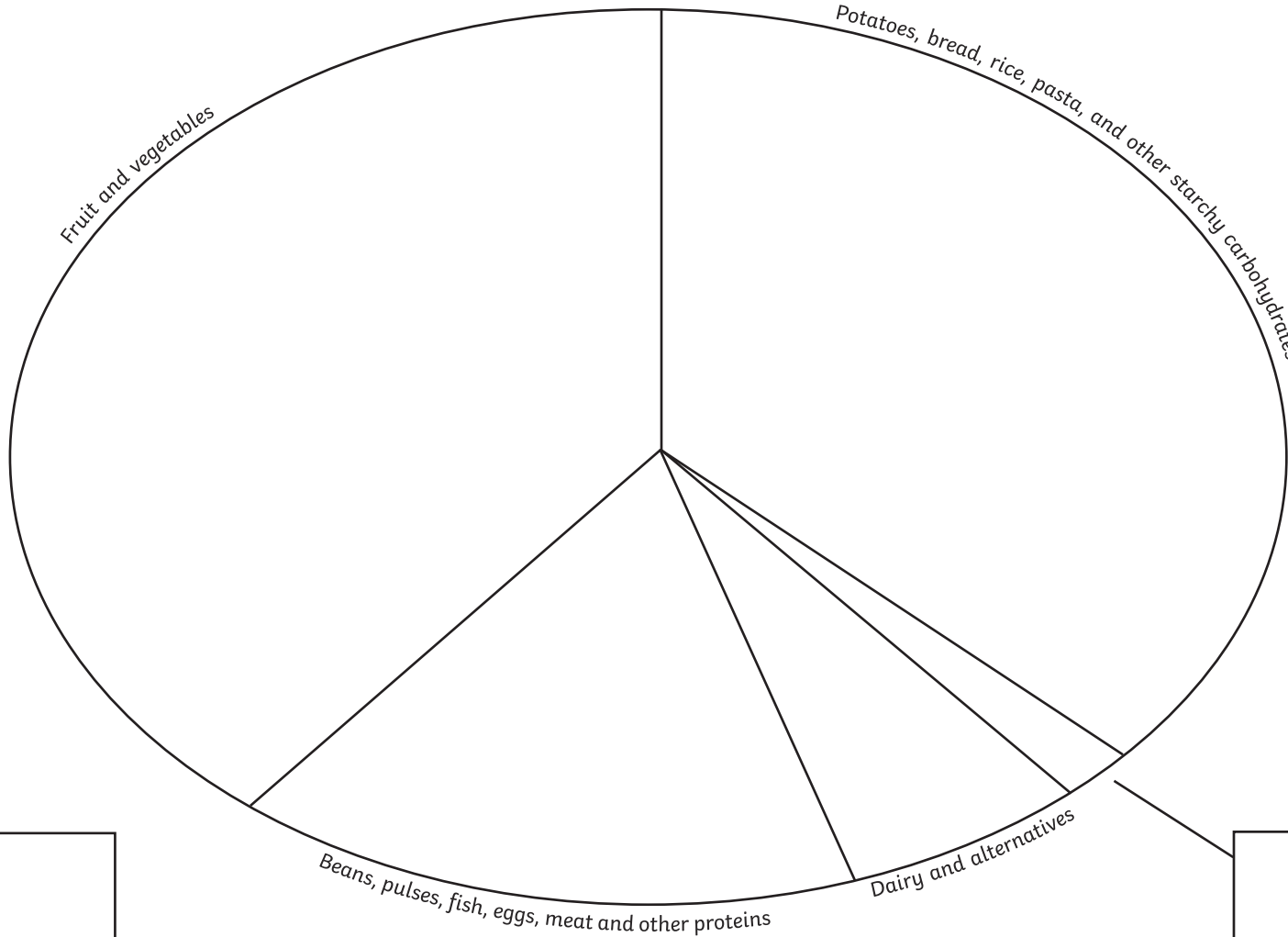
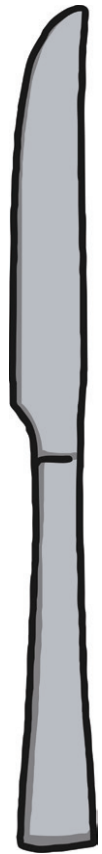
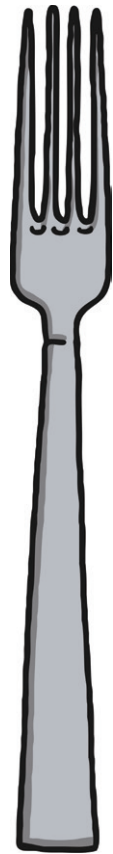


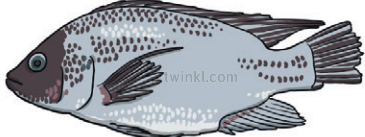
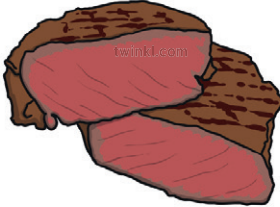
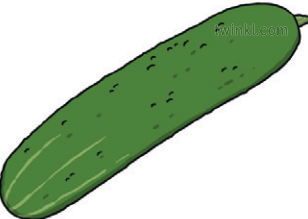
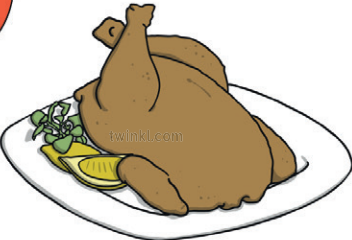
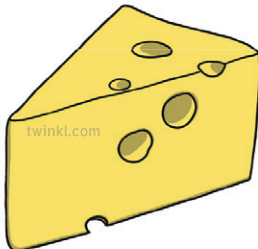
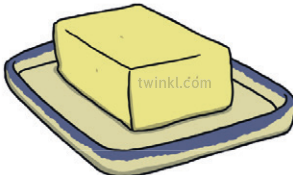
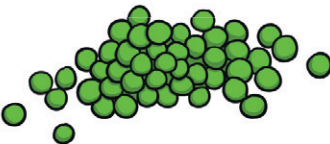
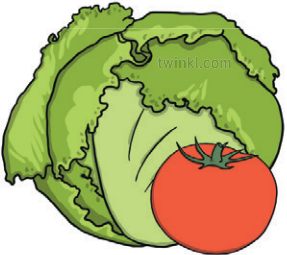
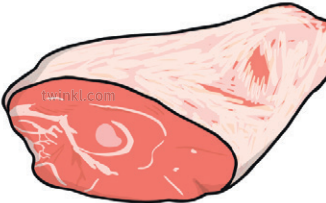
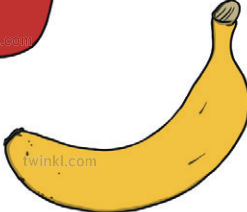
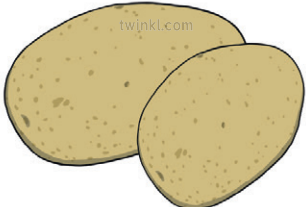
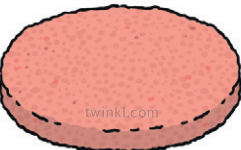
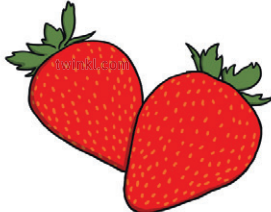
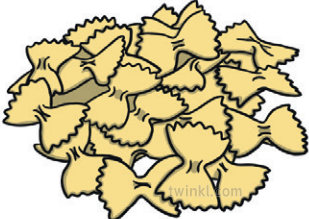
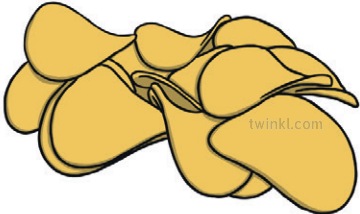
# Healthy Eating Meal



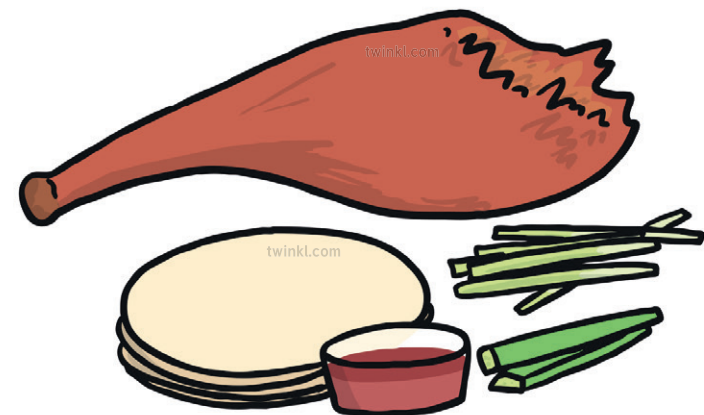
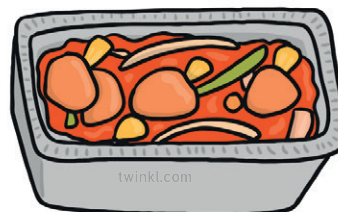
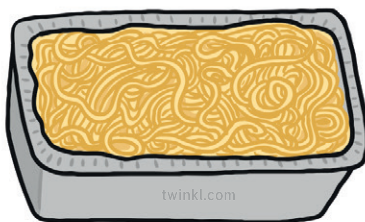
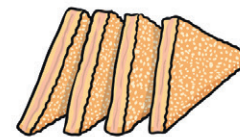
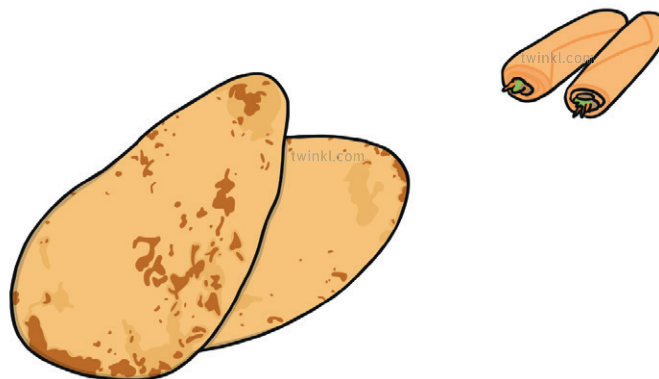
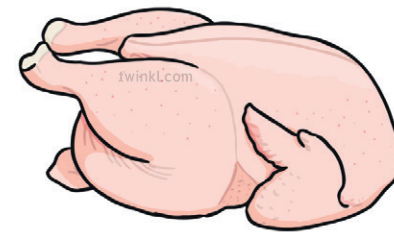
High in fat, salt and sugar

Oils and spreads

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



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



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

|             |              |          |                |          |
|-------------|--------------|----------|----------------|----------|
| Crisps      | Fizzy drink  | Pasta    | Fish fingers   | Bread    |
| Chocolate   | Strawberries | Yoghurt  | Fish and chips | Burger   |
| Lettuce     | Chicken      | Cucumber | Steak          | Apple    |
| Peas        | Olive oil    | Potatoes | Butter         | Cereal   |
| Fish        | Cheese       | Meat     | Banana         | Broccoli |
| Baked beans |              |          |                |          |