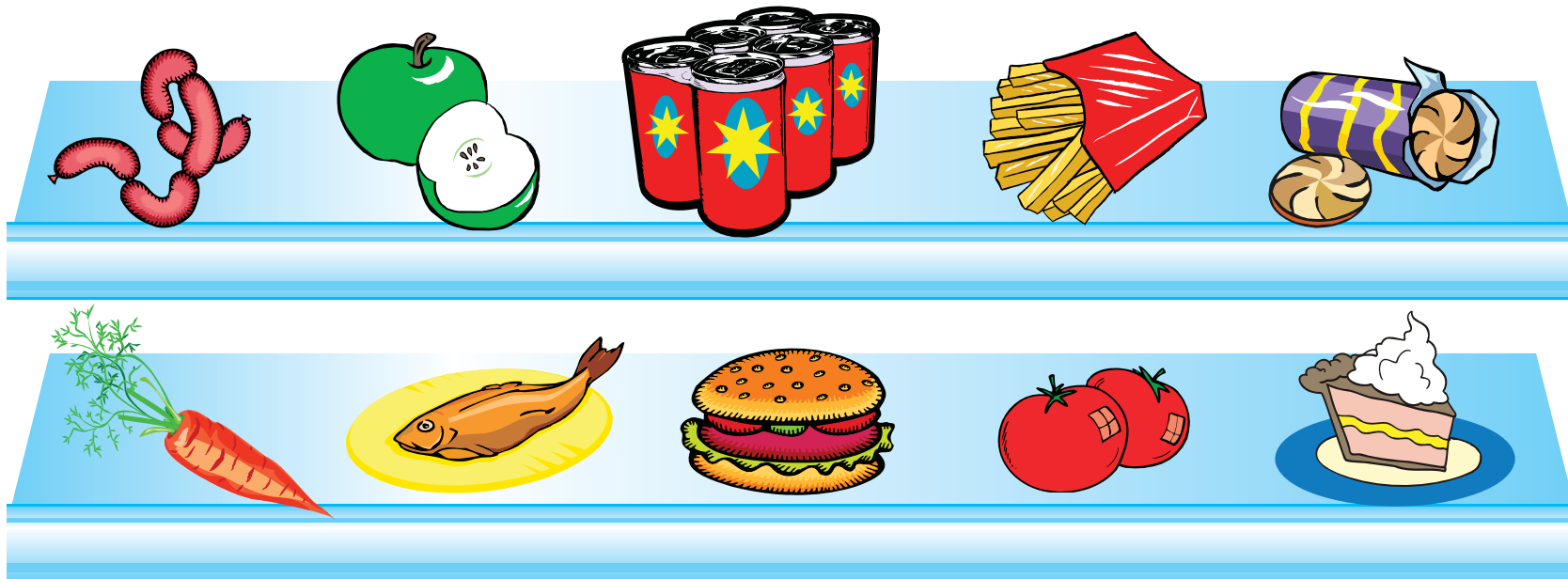


What's in my food?

Food contains lots of things that help us grow and keep healthy. Fatty and salty foods are not a good idea. Too many sweet foods can also damage our teeth.

Food contains **protein**, **vitamins**, **carbohydrates** and **fibre**.

Look at the foods on these shelves. Circle the ones you think are the **healthiest**.



Please remember to recycle this activity

Put these foods into the groups below.

Fizzy drinks

Fresh fruit

Chicken

Fried fish

Ice cream

Chips

Bread

Sausages

Eggs

**White fish
(not fried)**

As much as you like	Not too much	Just a little



Please remember to recycle this activity