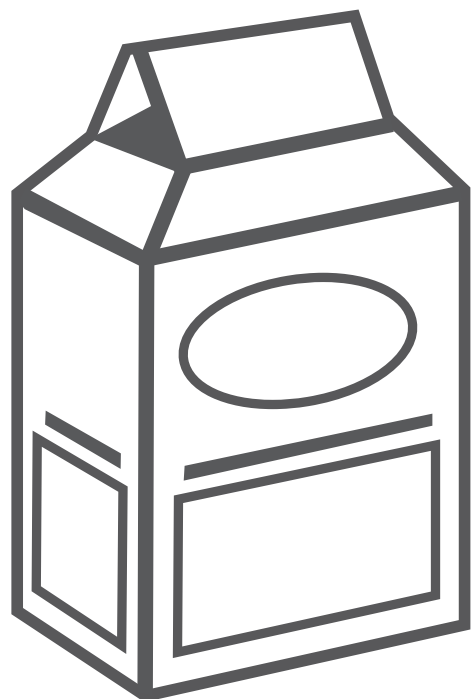


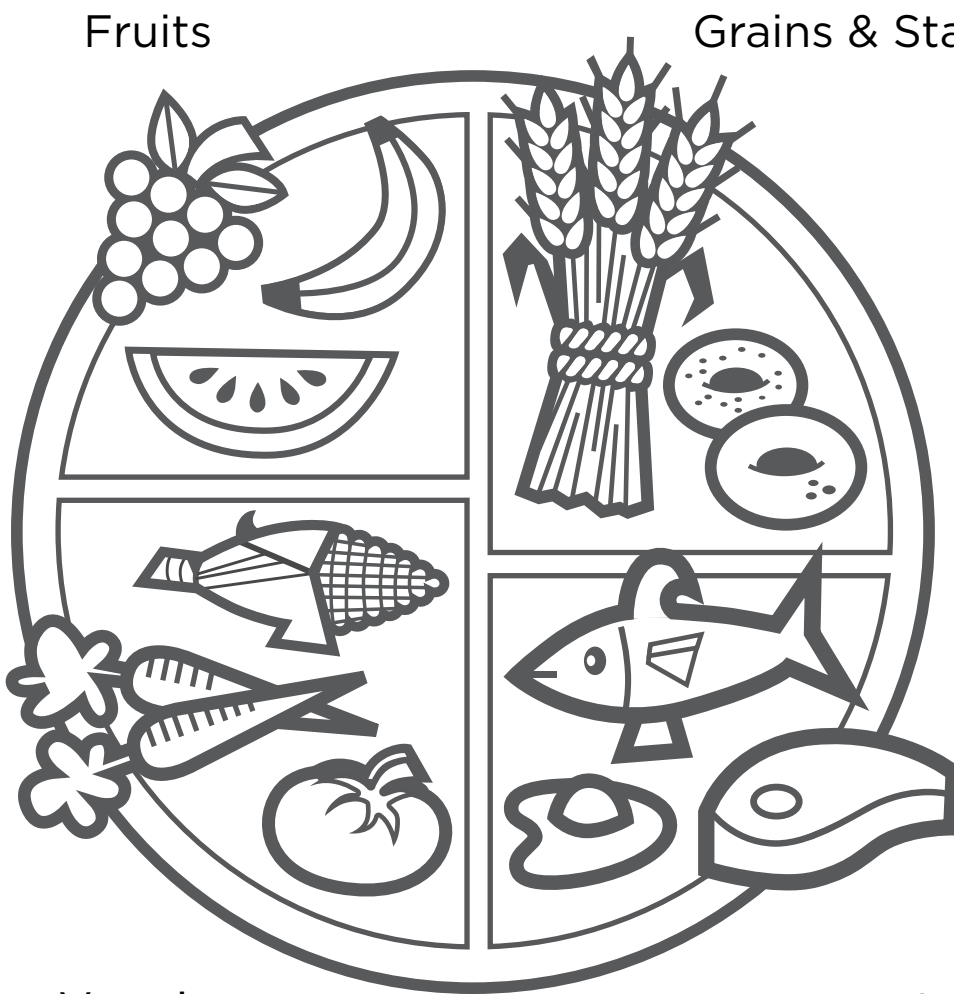


Nutrition

Colour your plate! Colour each section by following the key to learn how much of each food group to eat for a healthy dinner.



Dairy



Fruits

Grains & Starch

Veggies

Meat & fish



Fruits = Red **Dairy = Blue** **Meat & fish = Purple** **Veggies = Green** **Grains & Starch = Orange**



Nutrition

Now it's your turn to make your own healthy plate!

Fruits

Grains & Starch



Veggies

Meat & Fish



Making Good Food Choices

Choose which of the two options is the healthier choice. Click your answer.

1.

2.

Chocolate Bar

3.

Diet Cola

4.

Pizza