

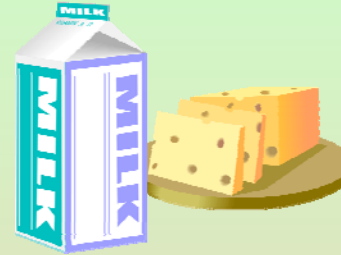
# Healthy Eating Word Mat



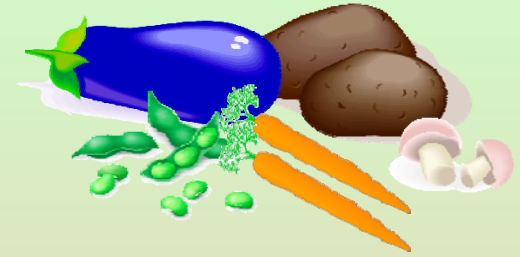
carbohydrates



proteins



dairy



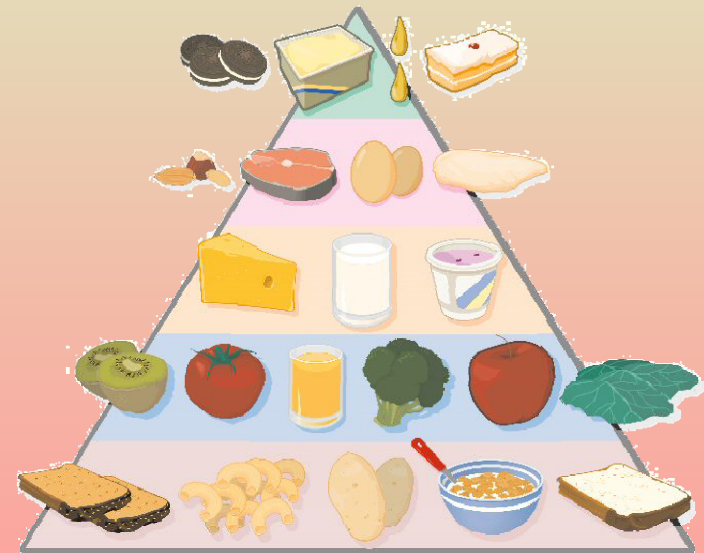
vegetables



fruit



fats



food pyramid

balance

vitamins

energy

portion

minerals

sugars

goodness

calcium

diet

