

My
Healthy Eating
Workbook

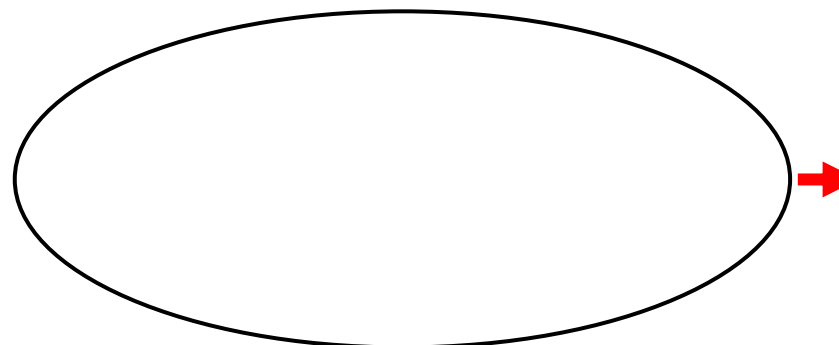
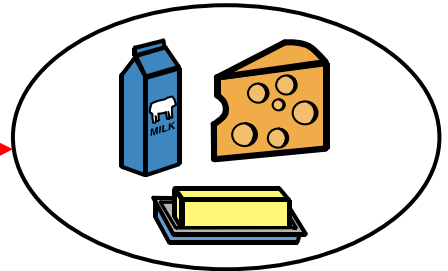
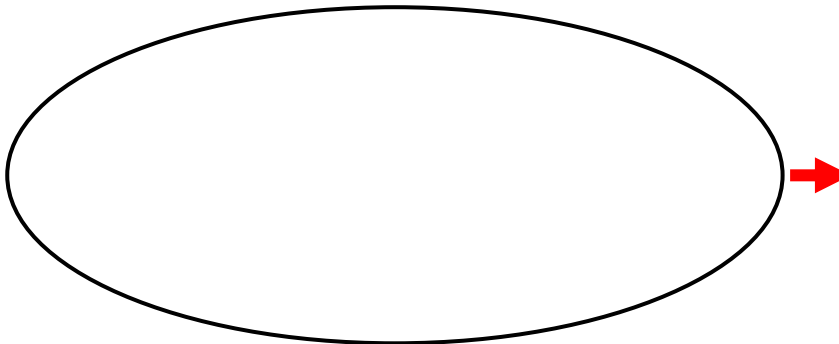
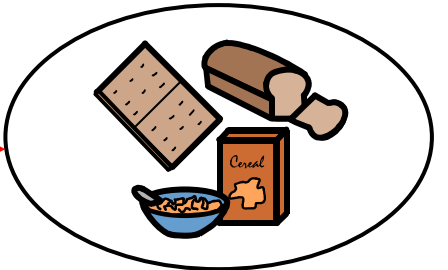
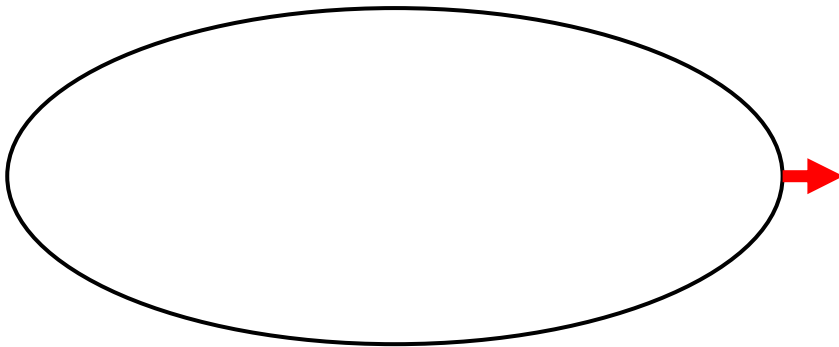
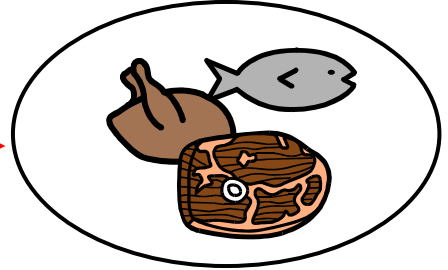
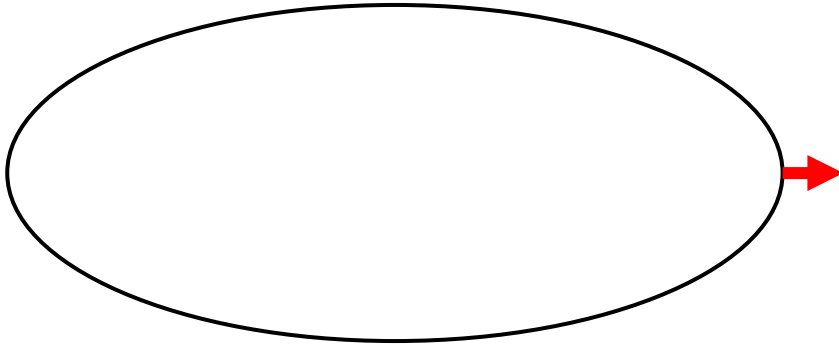


Name.....

Class.....

Name..... Date.....

Healthy Foods - Food Groups

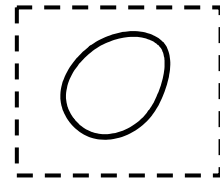
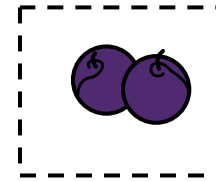
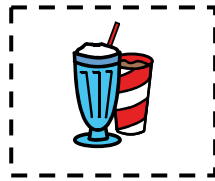
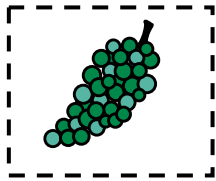
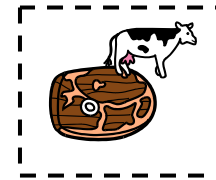
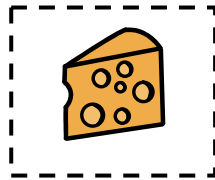
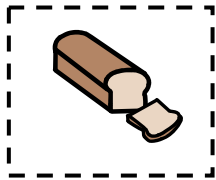
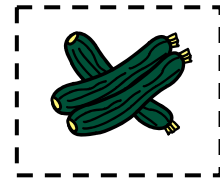
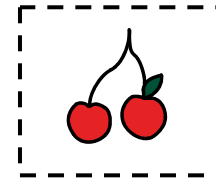
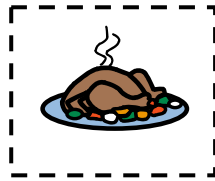
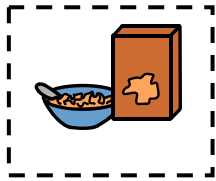
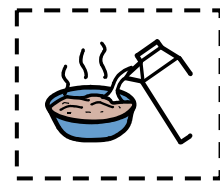
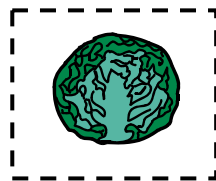
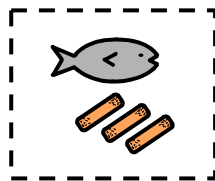
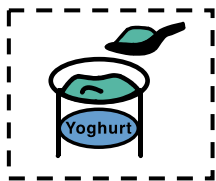


Name..... Date.....

Food Groups



Cut and Paste



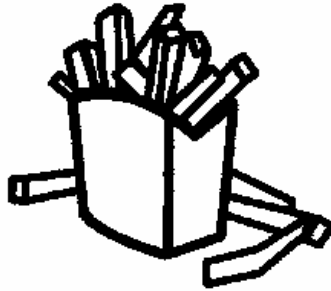
Name..... Date.....

Healthy Foods

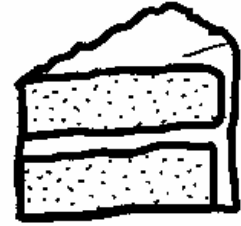
Draw a circle around the foods that are good for you.



apple



chips



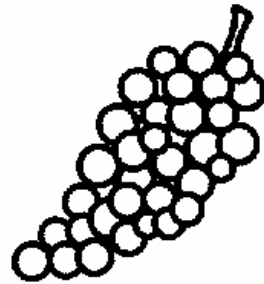
cake



sweets



banana



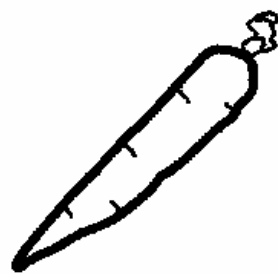
grapes



broccoli



burger



carrot

Now, colour in the good foods.