

Eatwell Plate

Y F P M T Y W U F K C C I O C C T Z Y R W U S T
P K R J H O T Z S M J R T E A Z W A S N A X E S
Y N W W Q G F H Q L A C Q D G A V E E B H G E J
D A I R Y H I Q M G K J H X U W L E L M W Q M O
M D Z V O U D K U U D D P J P B I P O Z R U H R
X D M K K R V S L A O B A R A K Y C X P S P G H
E R P I Z T H W M O U P O T T B N M T R L E A F
F S D Q E S B T F G S T E K L E I I O L T S T I
P C K R J B V S S F E G D X O A M M F W G E O S
H G T Y L Y N T T I E B Z Y Q N V Q I O R E X H
C Z O N M U Q S N V S X L N W S F L F L L H U O
I M D E K Q T J L L B L E C U V H O M Y K C J D
T E I Z Z A A W H R Z T V H D O R Y R J N S K O
Q V I R F R U T E O O A D S U G F S G G E E C I
U G I V O R R A Z D L L H N T M X W R P S O H V
Y J A E Q I D S O G O N D Q T A G Q Z K I T O K
D D E J M Q E B W N S E T A R D Y H O B R A C A
F Y Q T G V K A L G O S D I A P I Q W H E T V P
M A Q F B C T Q G C U Y J D Q H R Z V M N O I I
F H M C R E S H V M W E S T Y A T S A P V P Q W
J F D Z R U O X P I X P C M F Y D F R D X P O D
I G N Q Z P I E C X Q Q Y I C Y J K H V S C J Q
M T G X T C D T M K O K O C R B S R J J B D K A
Z E M F G Y A A G D S G N I T A E Y H T L A E H

carbohydrates
potatoes
dairy
bread
eggs
fat

Healthyeating
protein
sugar
fruit
fish

vegetables
cheese
beans
milk
meat

yoghurts
water
pasta
food
rice