



Name: _____ Class: _____

Using the key, circle the correct picture for each food. One has been done for you.

key:

Growth



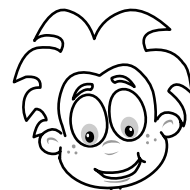
Energy



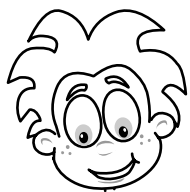
1 Potatoes



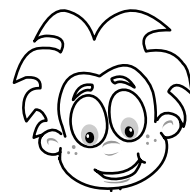
6 Eggs



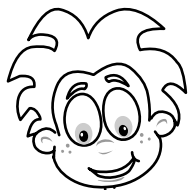
2 Beans



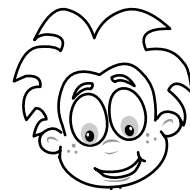
7 Rice



3 Pasta



8 Chicken



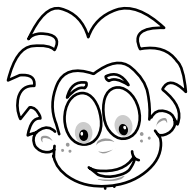
4 Milk



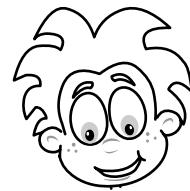
9 Chocolate



5 Honey



10 Fat on meat



Complete the table by putting the food into the right place. One has been done for you.

~~Carrots~~

Yoghurt

Chips

Fizzy drinks

Cheese

Cabbage

Eat plenty	Eat some	Only eat now and then
Carrots		

