

Name:

Date:



The Eatwell Guide

Task 1 – Put at least 10 of the foods you listed in your food diary into the correct section of the Eatwell Guide. At least one thing in each section would be great!

Fruit and vegetables

Potatoes, bread, rice,
pasta and other starchy
carbohydrates

Oils and spreads

Beans, pulses, fish, eggs, meat
and other proteins

Dairy and alternatives