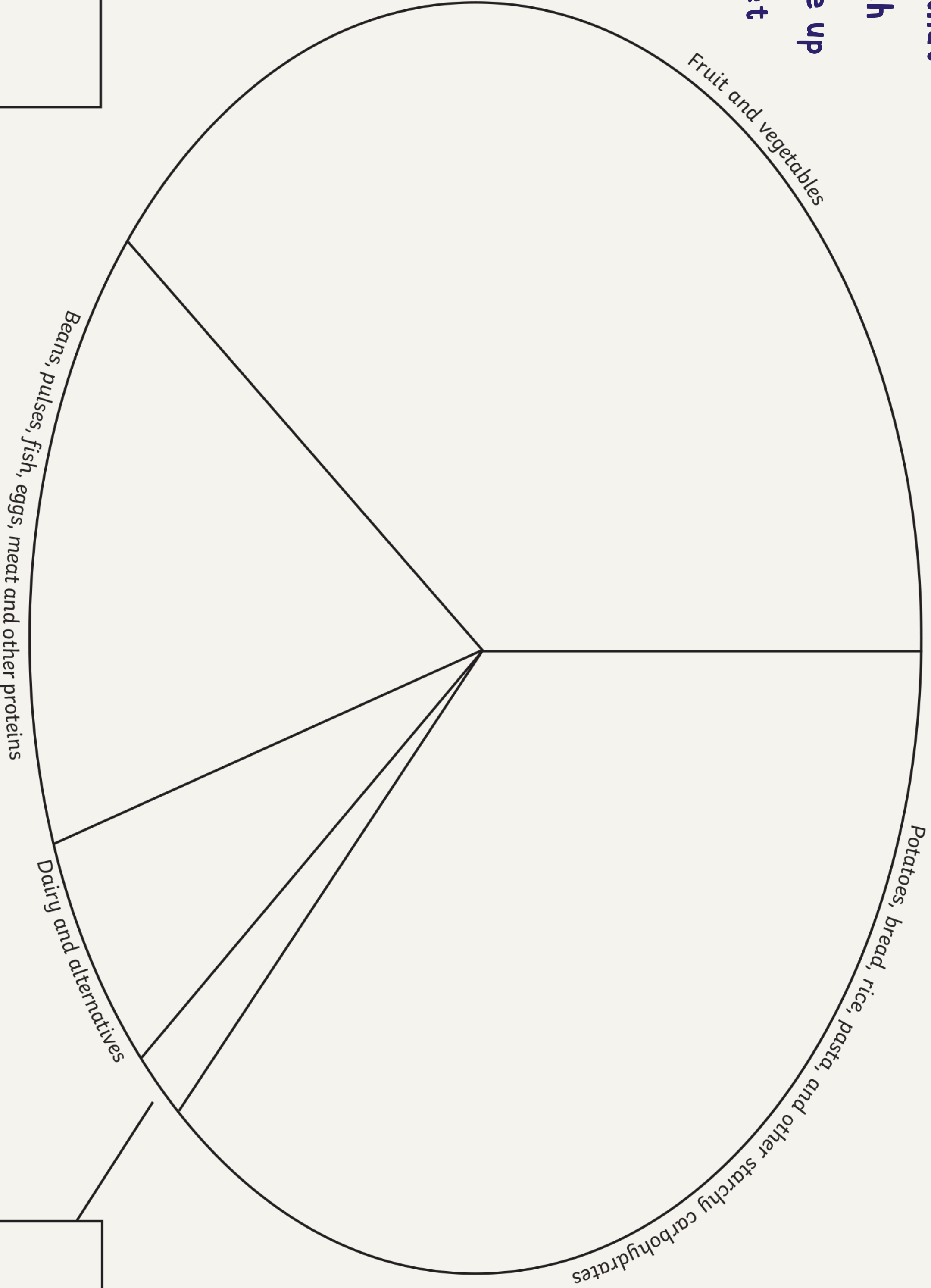


A balanced healthy diet

Draw the foods that
belong to each
group that make up
a balanced diet



High in fat, salt and sugar

Oils and spreads