

Food

Hygiene: Ways of keeping clean to stay healthy and prevent illness through germs.

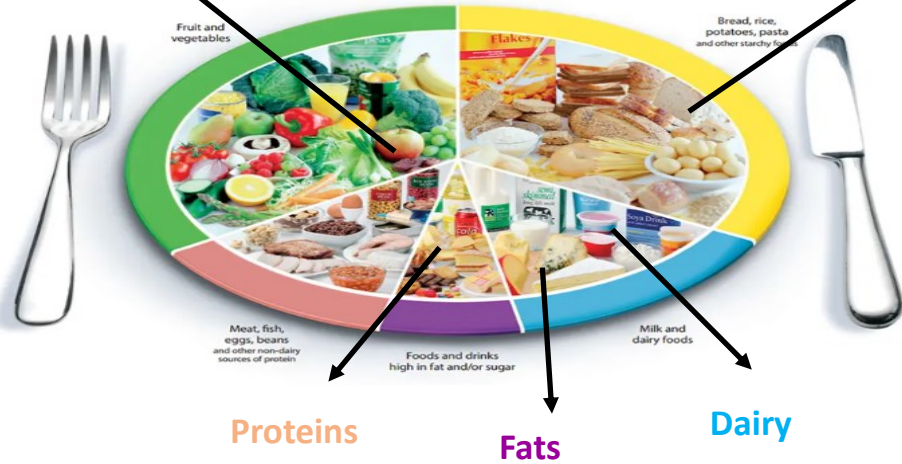


Fruit and Vegetables

The eatwell plate

Carbohydrates

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Food comes from plants and animals.

