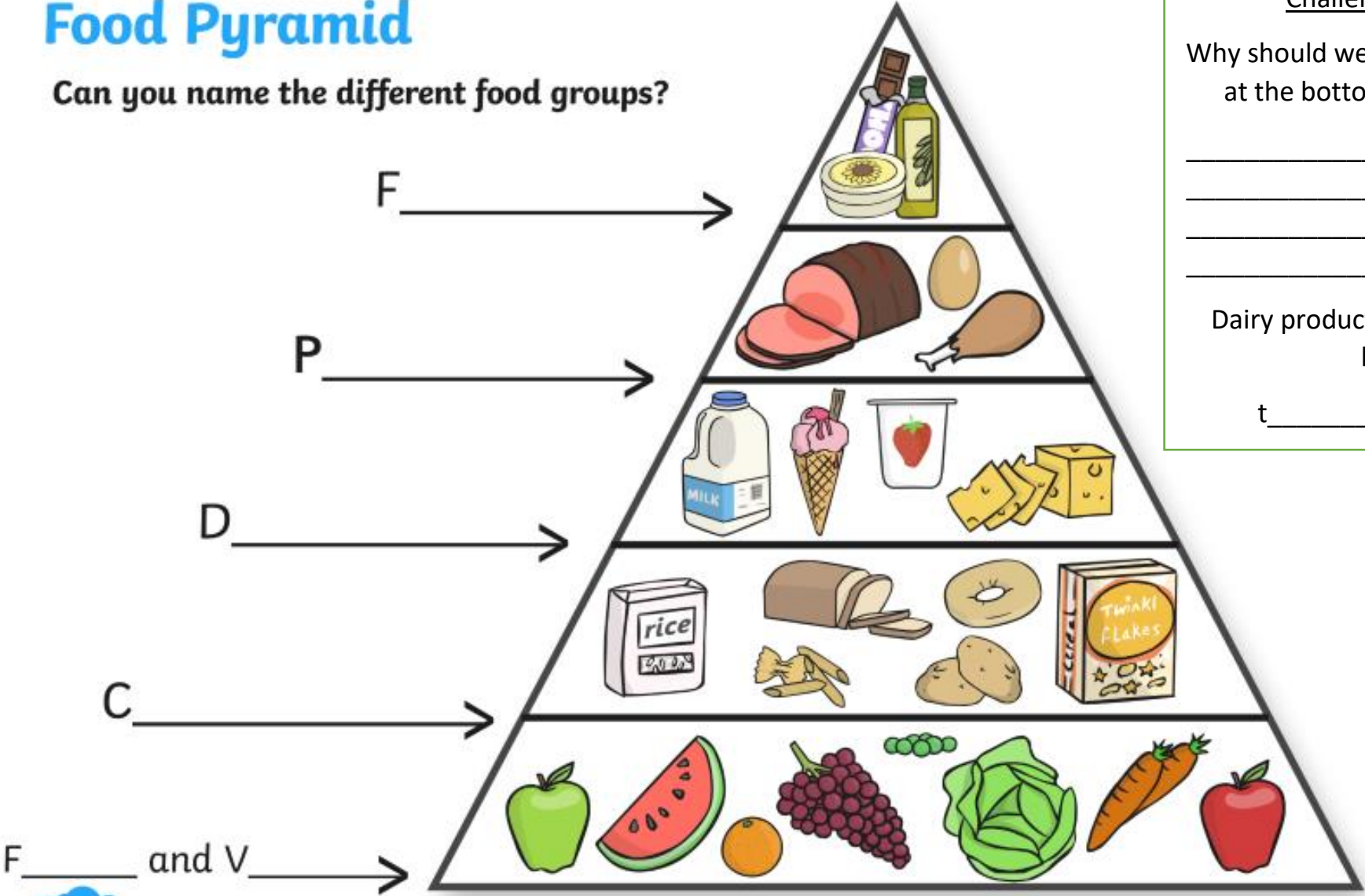


# Healthy eating

## Food Pyramid

Can you name the different food groups?



### Challenge questions

Why should we eat more of the food at the bottom of the pyramid?

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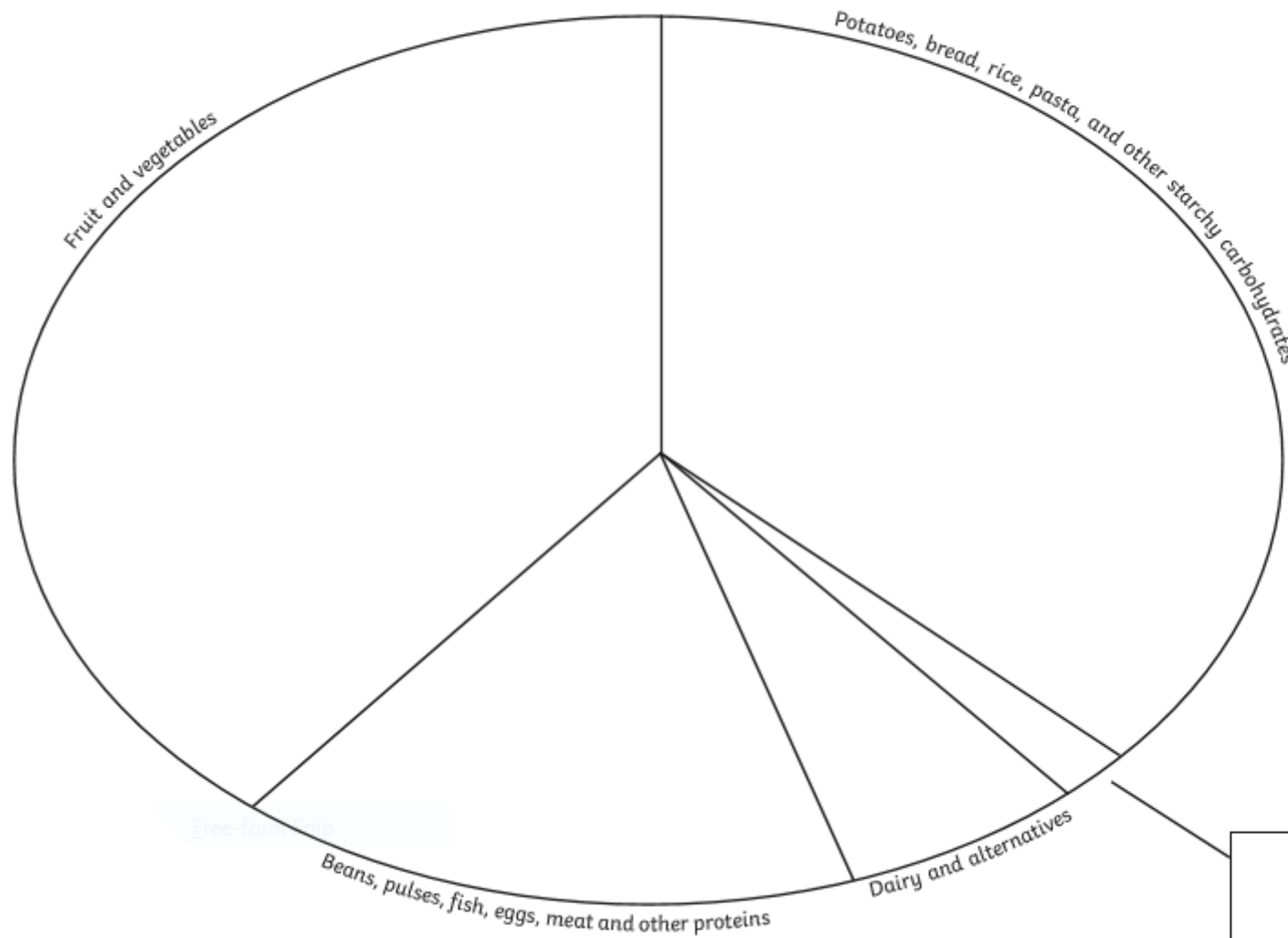
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Dairy products are important for healthy

t \_\_\_\_\_ and b \_\_\_\_\_.



Design a balanced meal that contains something from each food group.

Oils and spreads