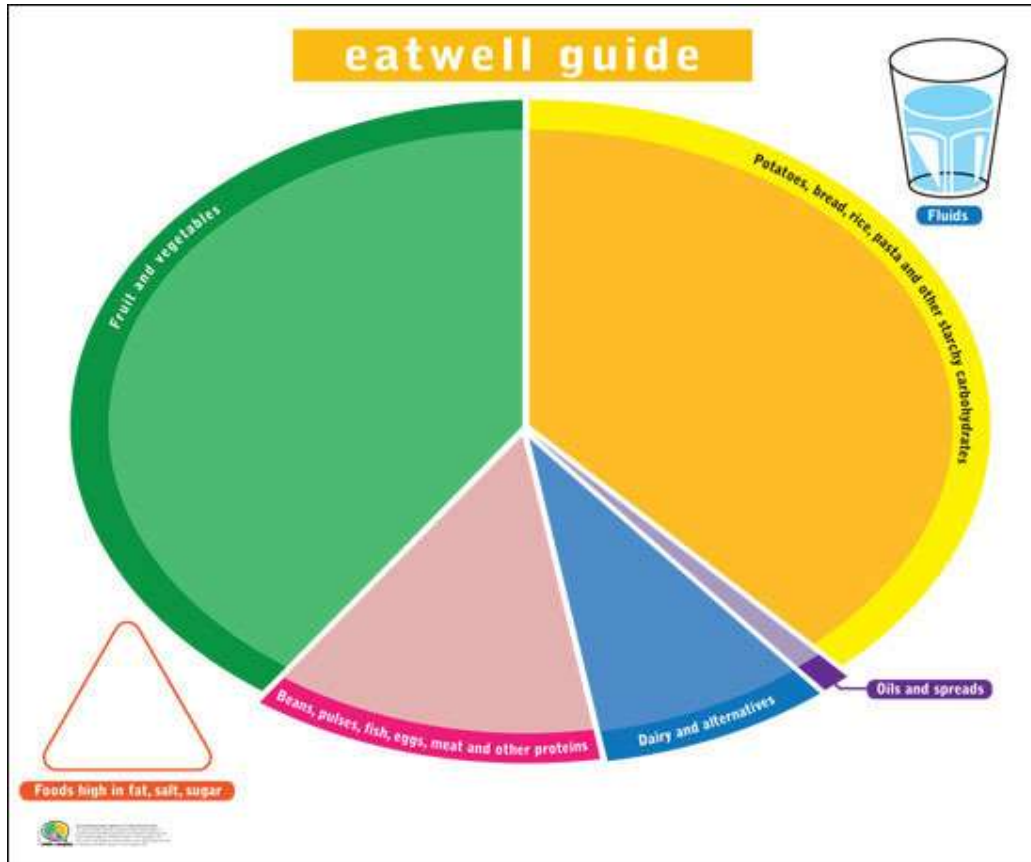


## Why We Eat Food / Healthy Food Choices



## Your Coach Challenge!

- 1) Cut out the foods on the next page and put them in the correct area of the eatwell guide.
- 2) Design a healthy meal that includes food from each of the food groups. See how many different meals you can make!



# A-life



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