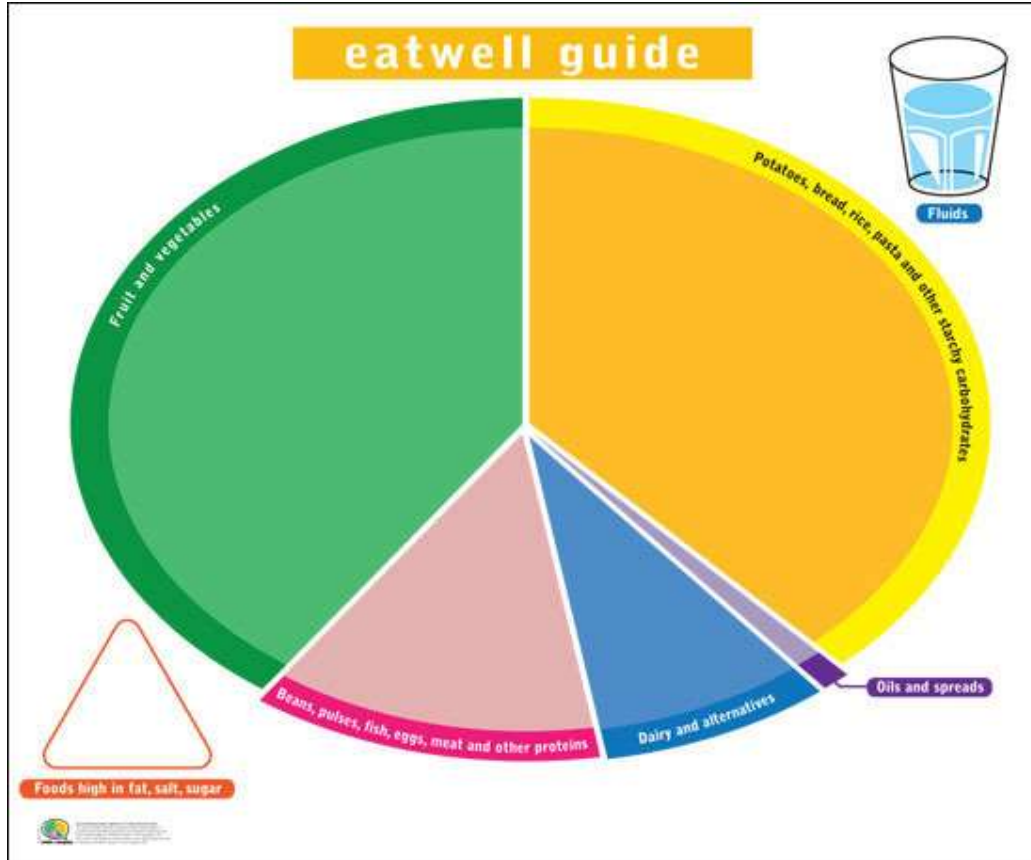


## Why We Eat Food / Healthy Food Choices



### Your Coach Challenge!

- 1) Cut out the foods on the next page and put them in the correct area of the eatwell guide.
- 2) Ask your parent/carer if you can make or help to make a healthy meal for lunch or dinner!



# A-life



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