

**Task 1: Can you place the foods into the correct part of the Eatwell plate?**

**Food List**

chocolate

carrots

pasta

peas

crisps

cheddar cheese

ciabatta

roast beef

strawberry milkshake

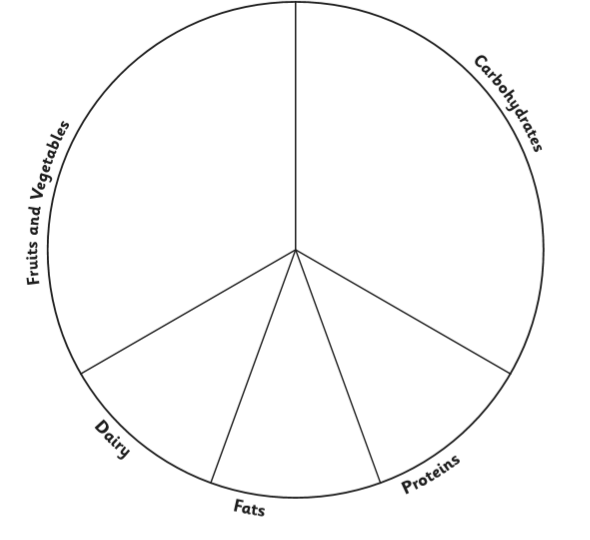
orange juice

nuts

doughnut

cous cous

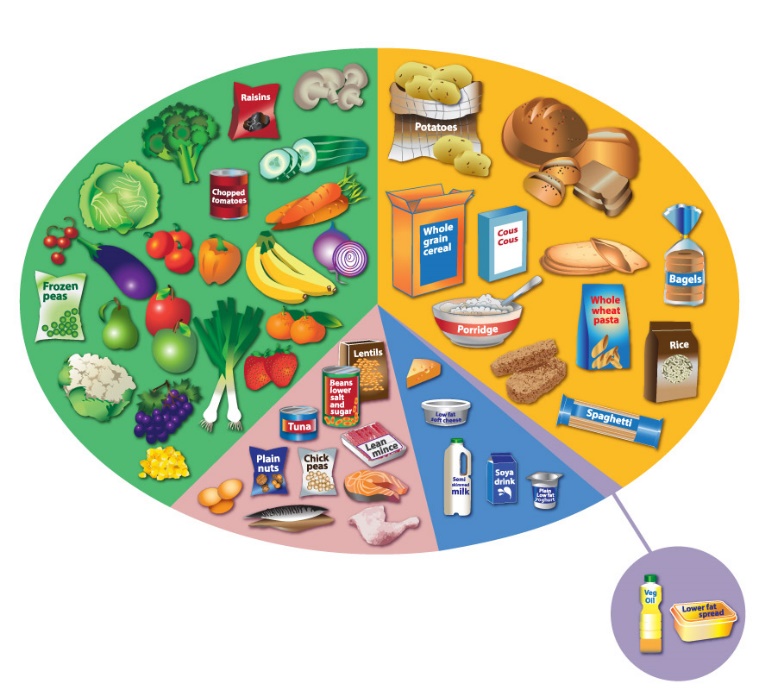
fromage frais



**Task 2:**

Can you create your own three course menu that contains the different parts of the Eatwell plate?

You can draw it, write it or even make it!

[](https://www.google.co.uk/url?sa=i&url=https%3A%2F%2Fwww.nhs.uk%2Flive-well%2Feat-well%2Fthe-eatwell-guide%2F&psig=AOvVaw1qbEFp_KIVdshRS-q1GVhm&ust=1588326003519000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMjtx8jtj-kCFQAAAAAdAAAAABAD)Please if you can take pictures of what you create and put them on our school twitter page or email me them. I can’t wait to see what you create!