



Meals and snacks

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Meals and snacks are made with food from different food groups.

What food can you see in this dish?



Shepherd's pie

Potato

Minced lamb

Peas

Where would they belong on the Eatwell Guide?



Pizza

What food can you see in this dish?



Bread
Tomato sauce
Chicken
Cheese
Vegetables

Where does the food belong on the Eatwell Guide?



Fish, wedges and peas

What food can you see in this dish?



Potatoes

Fish

Peas

Tomatoes

Where does the food belong on the Eatwell Guide?



Sandwich

What food can you see in this dish?



Bread
Spread
Cheese
Salad

Where does the food belong on the Eatwell Guide?



Porridge with apricots

What food can you see in this dish?



Oats

Milk

Apricots

Where does the food belong on the Eatwell Guide?



Roast dinner

What food can you see in this dish?



Beef
Potatoes
Peas
Carrots

Where does the food belong on the Eatwell Guide?



Jollof rice, chicken and plantain

What food can you see in this dish?



Chicken

Rice

Plantain

Where does the food belong on the Eatwell Guide?



Potato waffle and baked beans

What food can you see in this dish?



Potato
Beans

Where does the food belong
on the Eatwell Guide?



Grilled fish, potatoes and salad

What food can you see in this dish?



Fish

Potatoes

Tomatoes

Where does the food belong on the Eatwell Guide?



For further information, go to:
www.foodafactoflife.org.uk