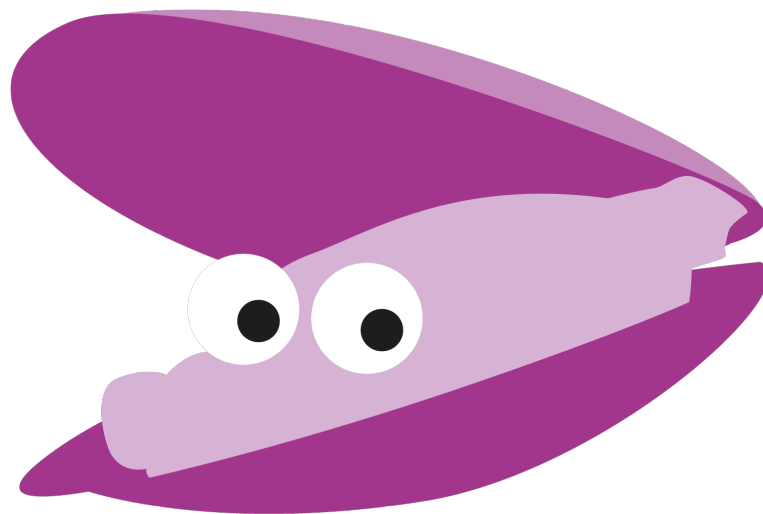


Healthy eating



Fish. Feed our future.

© Seafish www.fishisthedish.co.uk

Fish
the
dish
by Seafish

The eatwell plate

The eatwell plate shows us what we need to eat to be healthy.



How many food groups can you see?

**Fruit and
vegetables**

**Bread, rice,
potatoes, pasta**



**Meat, fish,
eggs, beans**

**Milk and dairy
foods**

**Foods and drinks high in fat
and/or sugar**

Fish. Feed our future.

© Seafish www.fishisthedish.co.uk

Fish
the
dish
by Seafish

© Crown copyright 2011

Fruit and Vegetables

What foods can you see?



Eat at least 5
portions every day.

How many portions
have you had today?

Bread, rice, potatoes, pasta

What foods can you see?



Eat food from this group at every meal time.

What food have you tried from this group?

Milk and dairy foods

What foods can you see?



Eat food from this group every day.

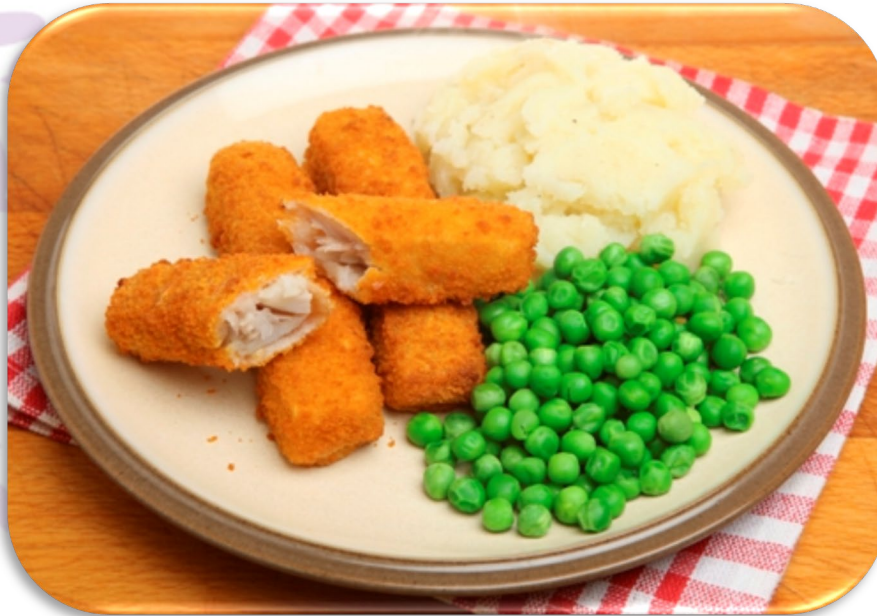
What is your favourite food in this group?

A pyramid-shaped arrangement of various foods and drinks. At the top is a glass of yellow liquid. Below it is a can of red 'Cola'. The middle section contains a pie, a slice of cake, and various candies. The base of the pyramid is a solid purple color.

Only eat foods from this group sometimes and in small amounts.

Fish dishes

Which group does each food in the dish belong to?



cod fish fingers

mashed potato

peas



Which other main food group is missing from this dish?

Fish dishes

Which group does each food in the dish belong to?



mackerel pâté

toast

cucumber



What would you drink with this dish?

Fish. Feed our future.

© Seafish www.fishisthedish.co.uk

Fish
the
dish
by Seafish

Fish dishes

Which group does each food in the dish belong to?



prawns

rice

peppers



What other fruit and vegetables are in this dish?

Fish dishes

Which group does each food in the dish belong to?



mussels

pasta

tomatoes



What food from the
Milk and dairy food
group could you
add?

Fish. Feed our future.

© Seafish www.fishisthedish.co.uk

Fish
the
dish
by Seafish

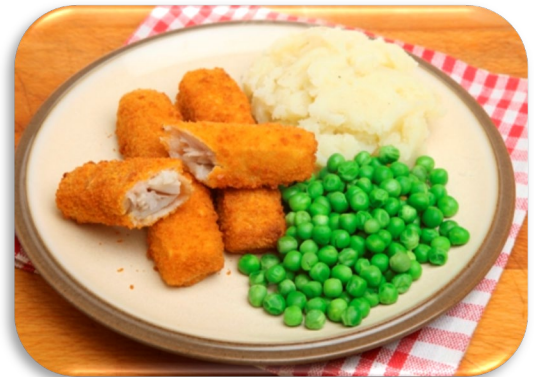
Fish dishes

Match the type of fish to each dish.

White fish

Shellfish

Oily fish



Did you get them all right?

Fish. Feed our future.

© Seafish www.fishisthedish.co.uk

Fish
the
dish
by Seafish

Healthy eating

Remember to eat a good variety of foods from The eatwell plate to stay healthy!



You need to drink plenty too!



Fish the dish

by Seafish

Fish. Feed our future.

© Seafish www.fishisthedish.co.uk



**Fish
the
dish**
by Seafish