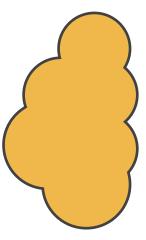


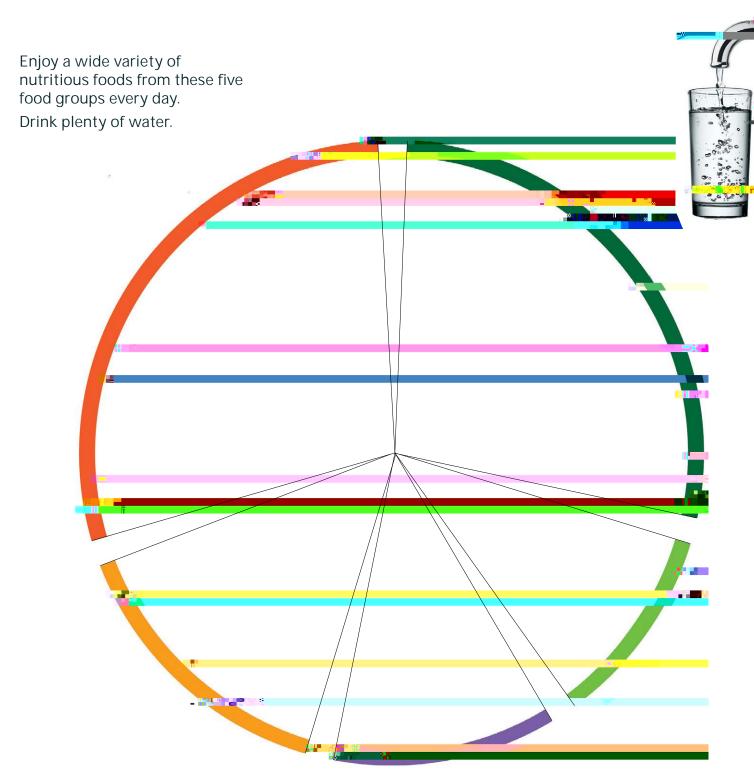
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MJf § J Healthy choices, Years R–2

F om hich food g o p do o mainl ea'?
Li 'o food choice in 'he co ec' g o p.
A e all 'he g o p co e ed?

Vege <sup>*</sup> able and leg me /bean	Fΐ	G ain (ce eal) food , mo 'l holeg ain and/o high fib e ce eal choice	Lean mea and po l', fi h, egg, ', of, n' and eed and leg me /bean	Milk, ogh ', and chee e and/o al'e na'i e , mo 'l ed ced fa'





Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

## Use small amounts

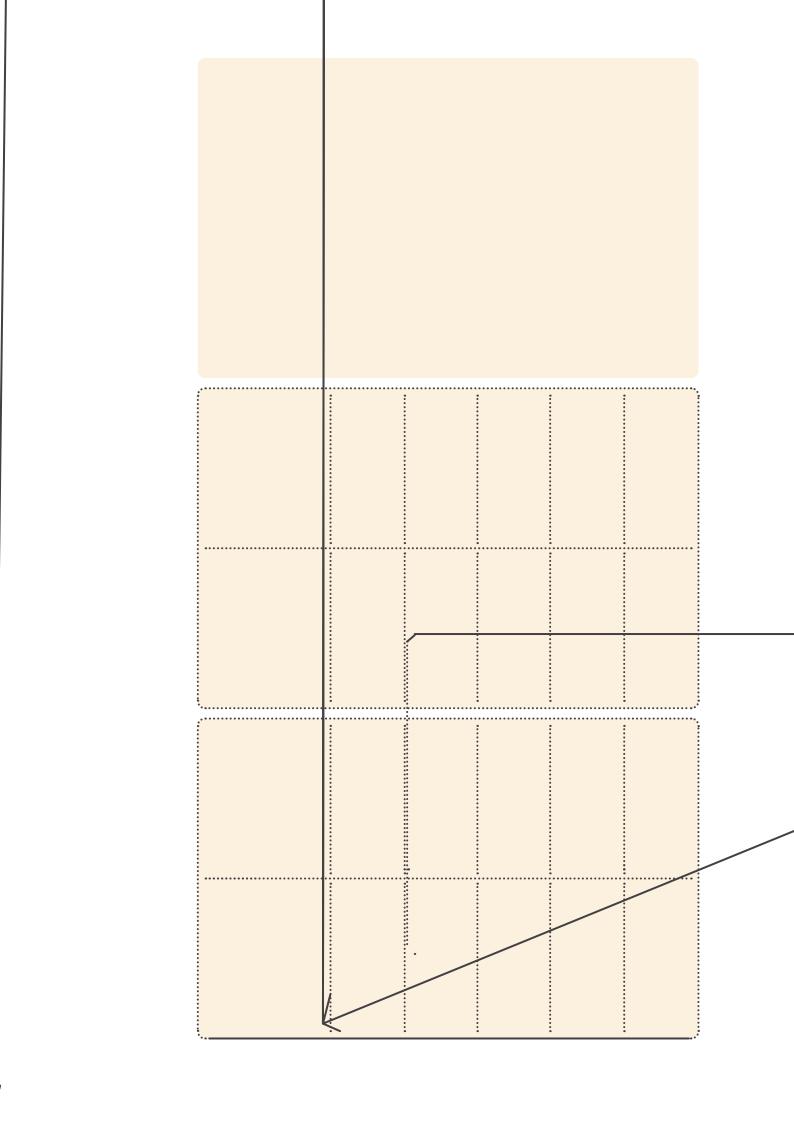


## Only sometimes and in small amounts



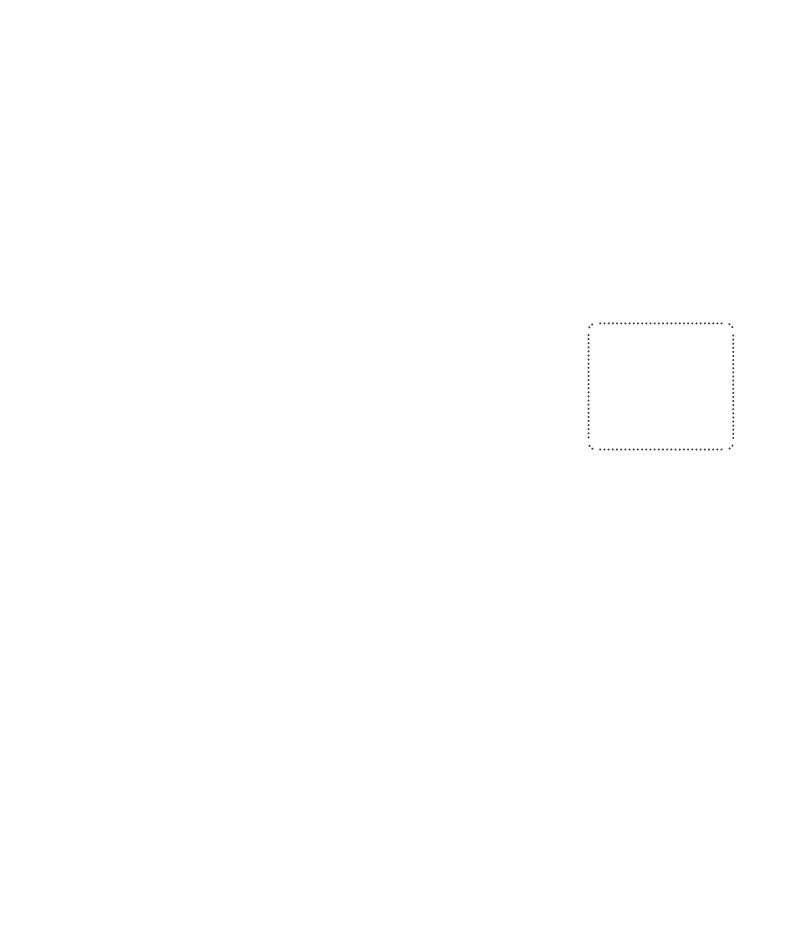
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		In fridge							
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 Name of food:	
 Wha pa of the old i if om?	
 Ing edien <sup>*</sup> :	
 An ing edien' I ha en'' hea d of befo e i :	
Wha' did i' mell like?	
Wha´ did i´ ´a ´e like?	
Wha <sup>7'</sup> diffe en <sup>7'</sup> food colo do o ee in <sup>7'</sup> hi di h?	
 Wo ld o cook 'hi again a' home? e / no	Flag
 S'a Ra'ing (acco ding 'o pe onal 'a 'e): /5	

Rep od ced i'h pe mi ion of Ambe Heaf', P o pec' No 'h P ima School.

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