

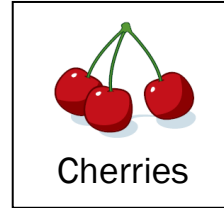
Balance of Good Health Model Matching Level 1



Can you match the picture with the portion of the plate of good health?



Dairy



Cherries



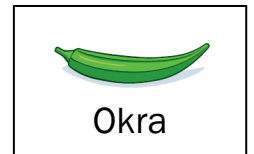
Milk



Meat Fish and Alternatives



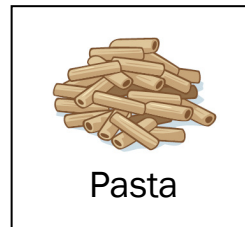
Chocolate



Okra



Fruit and Vegetables



Pasta



Yoghurt



Bread Cereals and Potatoes



Sardines



Sausages



Fatty and Sugary Food



Kiwi fruit

Balance of Good Health Model

Matching Level 1 - ANSWERS



Dairy

- Milk
- Yoghurt

Meat Fish and Alternatives

- Sardines
- Sausages

Fruit and Vegetables

- Cherries
- Kiwi fruit
- Okra

Bread Cereals and Potatoes

- Pasta

Fatty and Sugary Foods

- Chocolate