

**Eatwell guide – plant or animal?**

Look at the main food groups on the Eatwell Guide.

Give examples of food from a plant and/or an animal for each group.

**Fruit and Vegetables**

**Carbohydrates**

Potatoes, bread, rice, pasta

**Name:**

**Date:**

|  |  |  |
| --- | --- | --- |
|  | **Plant** | **Animal** |
| Fruit and vegetables |  |  |
| Potatoes, bread, rice, pasta … |  |  |
| Beans, fish, eggs, meat … |  |  |
| Dairy and alternatives |  |  |
| Oil and spreads |  |  |

**Dairy and alternatives**

**Protein:** fish, meat, beans, eggs