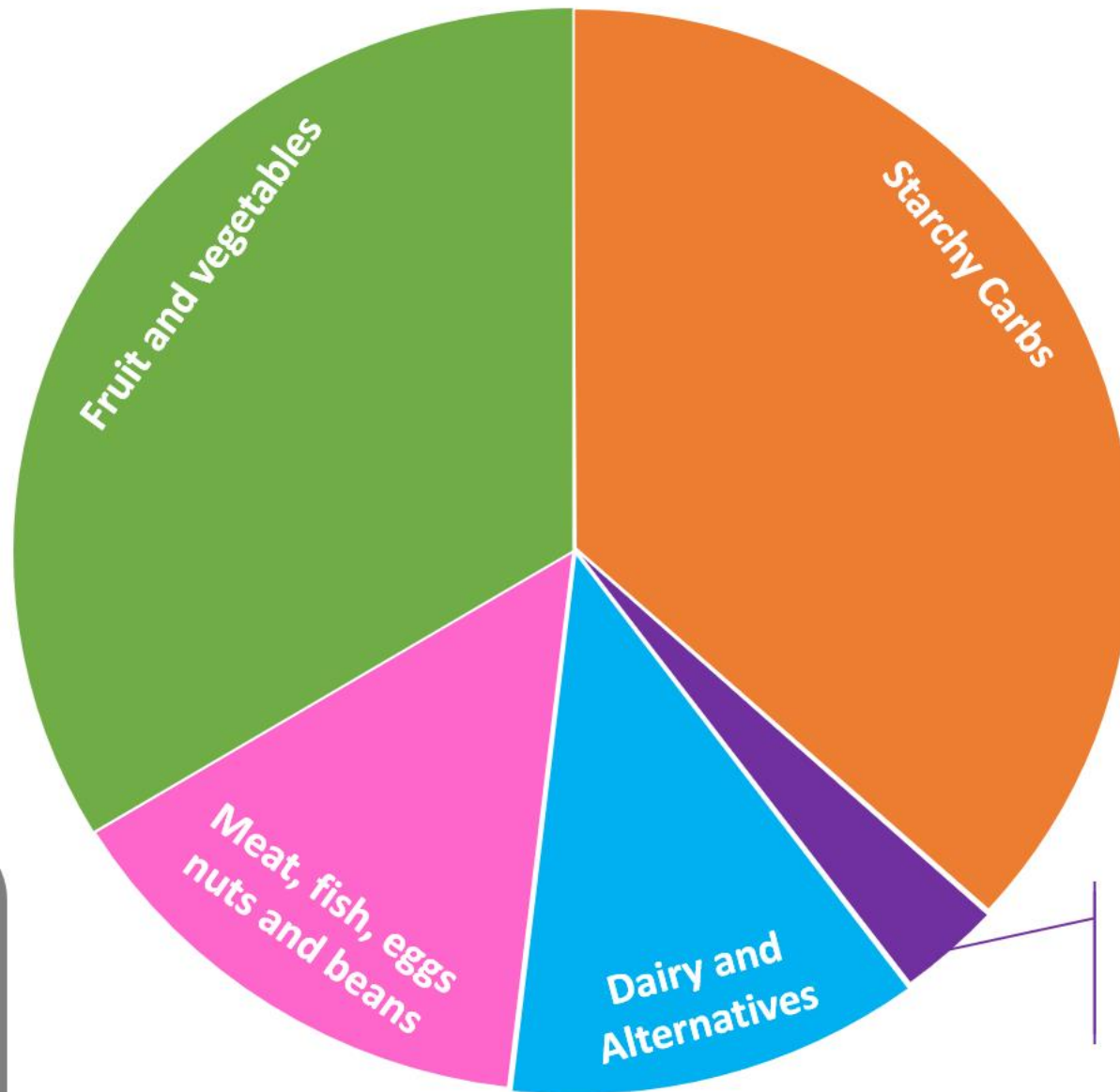




## Eat Well Plate - how to use this resource:

1. Deliver the Healthy Fruit Rap which can be found in the link below:  
<https://imoves.com/the-imovement>
2. Use the **Eat Well Plate** in this document to discuss the different types of food and the amounts that should be eaten each day
3. Children aged 6 years and above, could create a healthy meal plan from the foods that they like

# Eat Well Plate

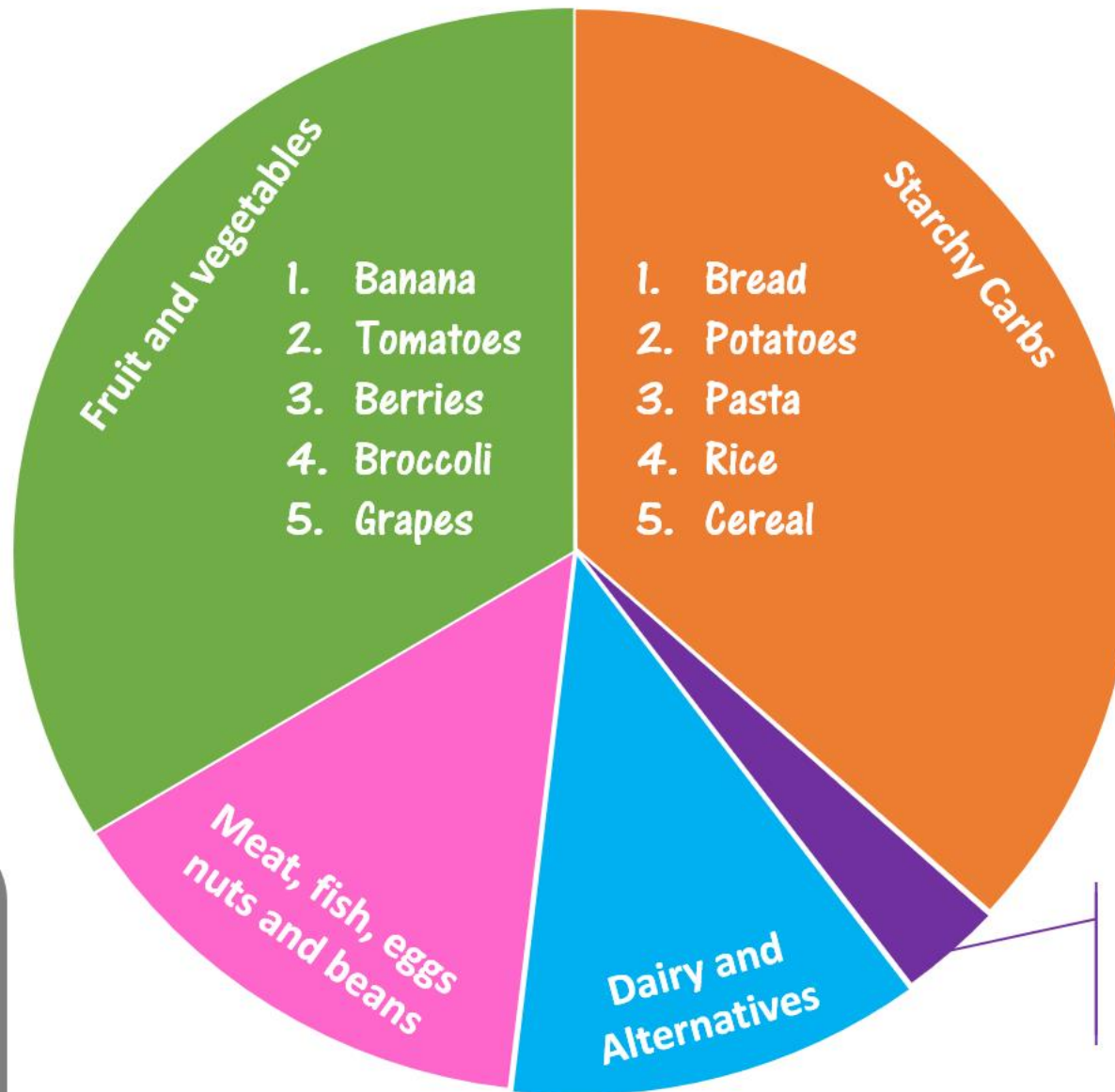


Fluids

Sugary or high fat treats

Oils and Spreads

# Eat Well Plate



Fluids

## Sugary or high fat treats

- Chocolate
- Ice cream
- Cake
- Biscuits