
















Food for Thought Level 3



Can you think of a food for each of the Plate of Good Health categories?

Letter	Fruits & Vegetables	Bread cereals & Potatoes	Meat, Fish & Alternatives	Dairy & Alternatives	Fatty & Sugary Foods
A					
B					
D					
F					
H					
I					
L					
M					
O					
P					
S					
Y					