Eatwell Guide sheet

Colour the border of each food group to match the Eatwell Guide. Draw each food in the correct food group. Add some of your favourite foods to the groups.

Fruit and vegetables

Potatoes, bread, rice, pasta and other starchy carbohydrates

Beans, pulses, fish, eggs, meat and other proteins

Dairy and alternatives

Oil and spreads

Name: ___________________________  Date: _____________________