

# Can I say what I know about Food and Nutrition?

What is a Balanced Diet?



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What are your Favourite Foods?

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Facts I know about food

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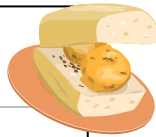
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What are the main Food Groups?



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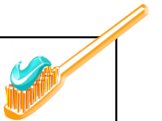
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How do we look after our teeth?



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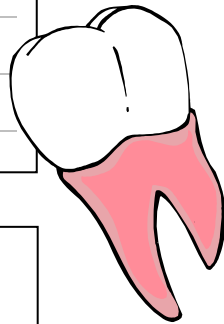
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Food  
and  
Nutrition



Why do we need Food?

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What questions do I have about Food?

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