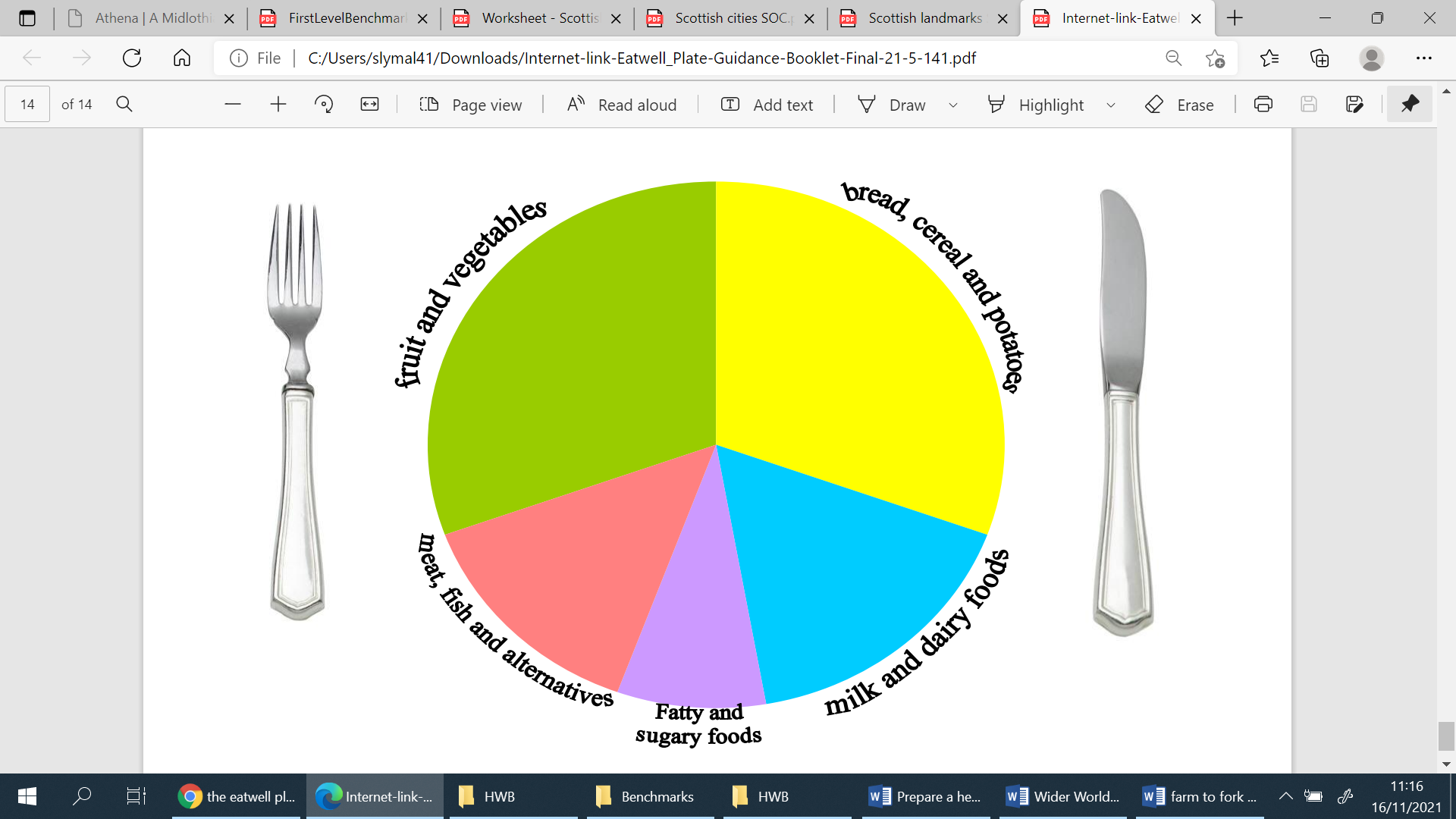
**The Eatwell plate**

**LI: to investigate the different food groups and how they contribute to a healthy diet.**

Look at the Eatwell plate, list as many different foods that would go into each section. Plan a healthy 3 course meal using the foods you have listed.