**Eight tips for healthy eating**

Do you remember the eight tips for healthy eating?

Fill in the blanks below and draw a picture for each tip.



Base your meals on

\_\_\_\_\_\_\_\_\_\_ foods.

Eat lots of fruit and

\_\_\_\_\_\_\_\_\_\_.

Eat more \_\_\_\_\_\_\_\_\_\_.

Cut down on

\_\_\_\_\_\_\_\_\_\_ fat

and \_\_\_\_\_\_\_\_\_\_.

Eat less

\_\_\_\_\_\_\_\_\_\_.

 Don't skip

\_\_\_\_\_\_\_\_\_\_.

 Don't get

\_\_\_\_\_\_\_\_\_\_.

Get \_\_\_\_\_\_\_\_\_\_

and be a \_\_\_\_\_\_\_\_\_\_

weight.

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