

Eatwell Guide:

Search & sort

Find different types of food and drink in the word search to the right.

You can download our Eatwell Guide to help you sort them into their categories. Some items will belong in more than one category, so write them in both! Two have been done for you.

Key:

- potato
- chickpeas
- milk
- olive oil
- crisps
- plain yoghurt
- egg
- pasta
- raspberry
- chicken
- rice
- pepper
- peach
- energy drink
- cucumber
- apple
- water
- porridge

Oils and spreads

1.

Starchy Carbohydrates

- 1.
- 2.
- 3.
- 4.

Fruit and vegetables

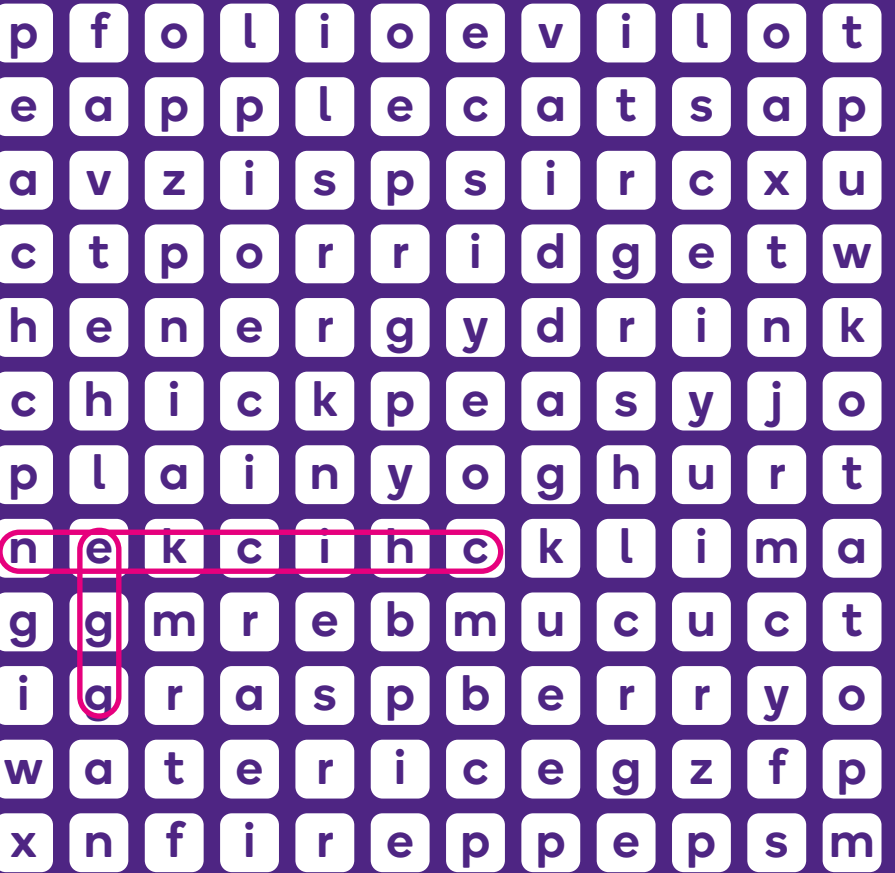
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Foods high in fat, salt or sugar

- 1.
- 2.

Proteins

1. egg
2. chicken
- 3.
- 4.
- 5.



Dairy and alternatives

1. egg
- 2.
- 3.

Fluids

- 1.
- 2.
- 3.

For further information please email healthyheart@heartresearch.org.uk or visit heartresearch.org.uk

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