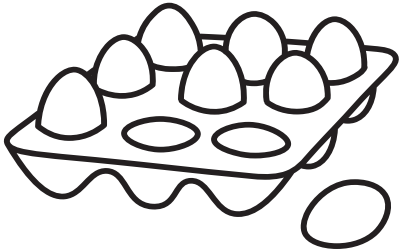


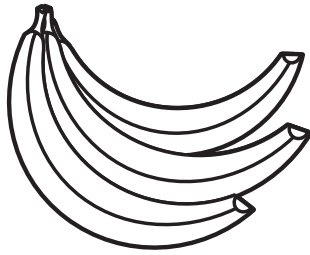


# COLOURING CHALLENGE

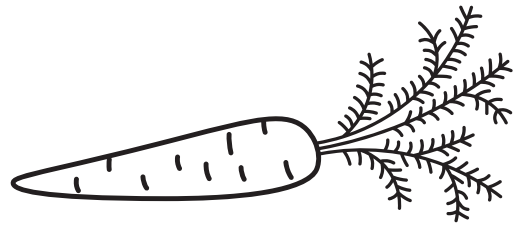
Colour in the food below – can you label which foods are carbohydrates, protein, fats, sugars, fruit, vegetables or dairy?



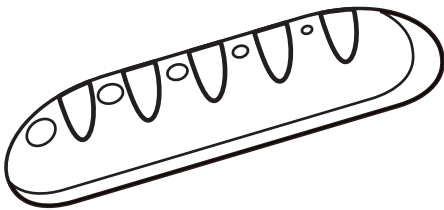
1



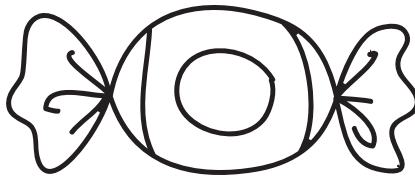
2



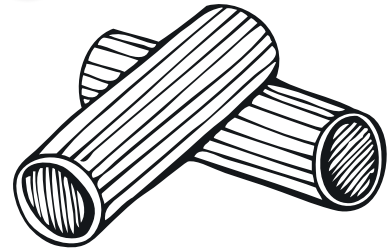
3



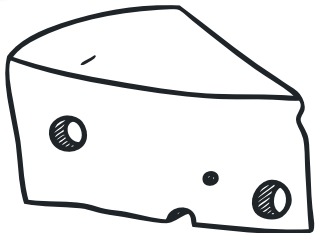
4



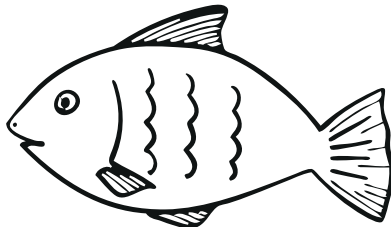
5



6



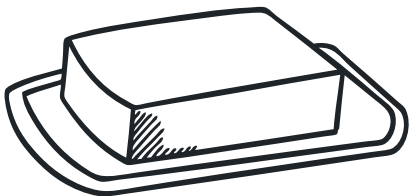
7



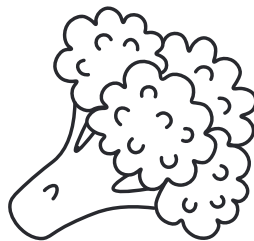
8



9



10



11



12

ANSWERS: 1. Protein 2. Fruit 3. Vegetable 4. Carbohydrate 5. Sugars 6. Fats 7. Dairy 8. Protein 9. Protein 10. Fat 11. Vegetable 12. Dairy

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