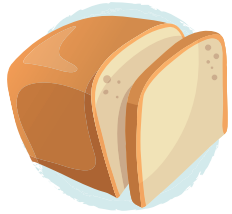
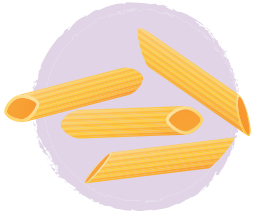


This placemat belongs to

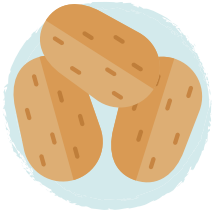
Draw your delicious meal on the plate below. Have you eaten any of the foods around the plate? If so, tick them off



Bread



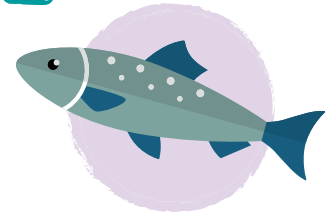
Pasta



Potatoes



Vegetables



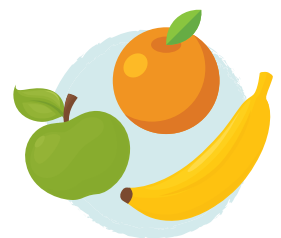
Fish



Yoghurt



Meat



Fruit

Parenting. Give it time.

For more free resources, visit: gov.wales/giveittime

A Welsh Government campaign