

Eatwell

The Eatwell Guide shows the recommended proportions of food in the diet. You can view this more clearly here: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

List 8 food from the Fruit and vegetables food group.

|  |  |  |
| --- | --- | --- |
|  | Do they grow in the UK? | When are they in season? |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |
| 5. |  |  |
| 6. |  |  |
| 7. |  |  |
| 8. |  |  |