Label each section (group) of the plate according to the types of foods that ae in each section.

|  |  |  |
| --- | --- | --- |
| fruits and vegetables | meat, fish, eggs, beans  and other non-dairy  sources of protein | bread, rice, potatoes, pasta and other starchy foods |
| oil and spreads | milk and dairy products | food and drinks high  in fat and / or sugar |



**A)** fruits and vegetables

**B)** meat, fish, eggs, beans and other non-dairy sources of protein

**C)** bread, rice, potatoes, pasta and other starchy foods

**D)** oil and spreads

**E)** milk and dairy products

**F)** food and drinks high in fat and / or sugar