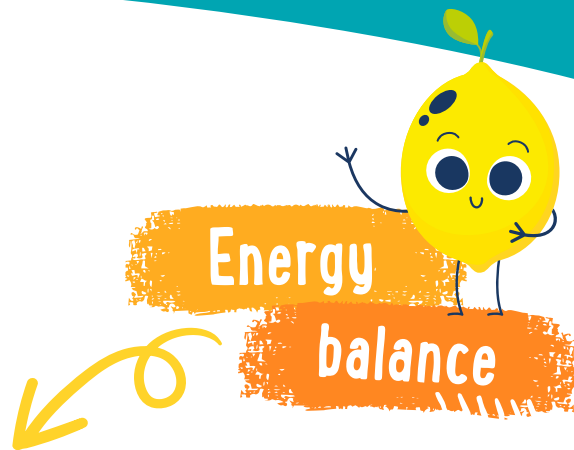
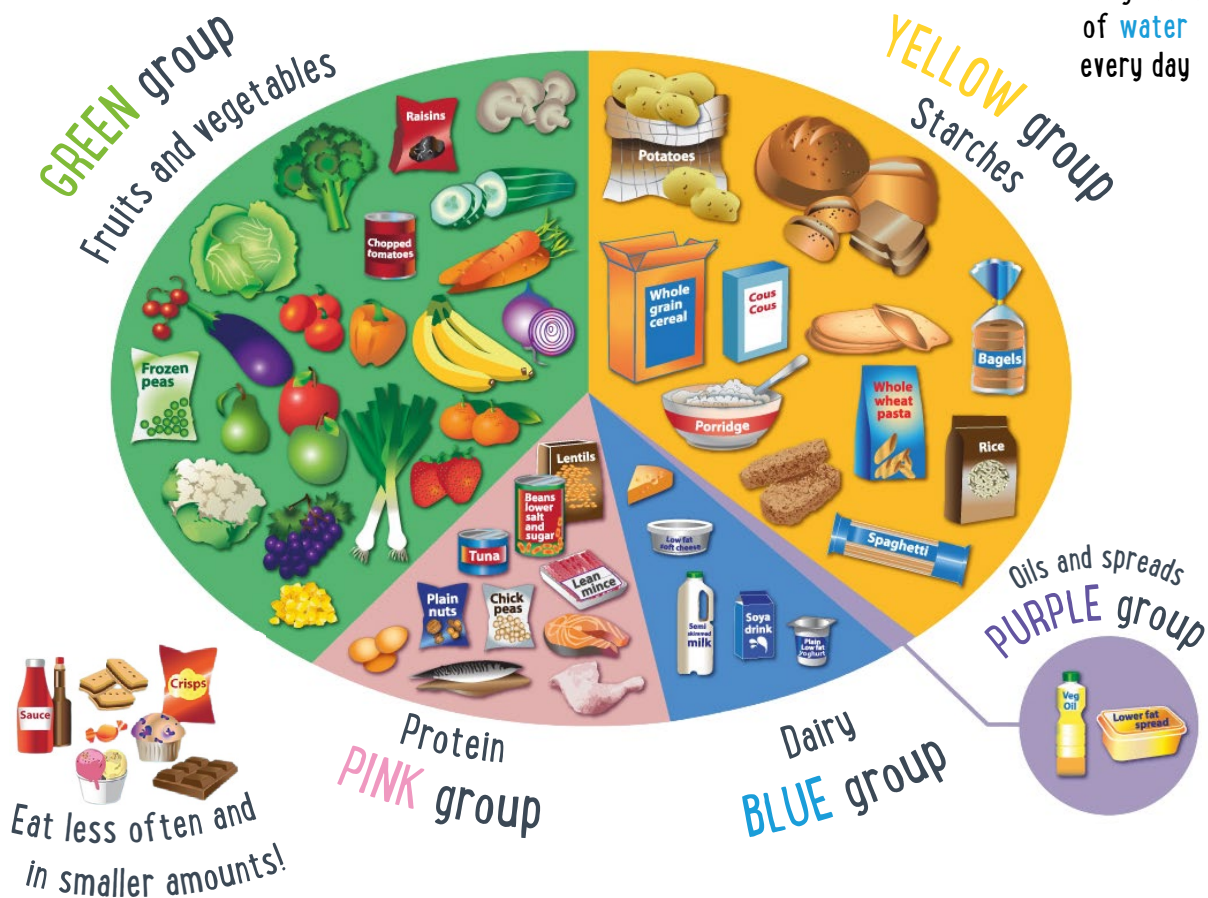




The Eatwell Guide



6-8 glasses
of **water**
every day



Use the Eatwell Guide to help you get the right **BALANCE** of food.

Beezee top tips!

1

Try to have a balance of the food groups across your day.

2

Have smaller amounts of sweets, cakes and crisps.

3

Always enjoy your food!



It's important to balance the food we eat and the physical activity we do. Have a look at the seesaws!

