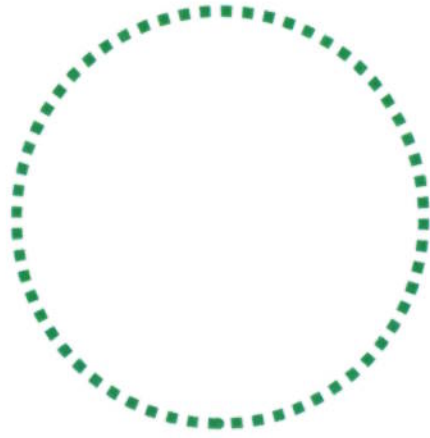


# My food book

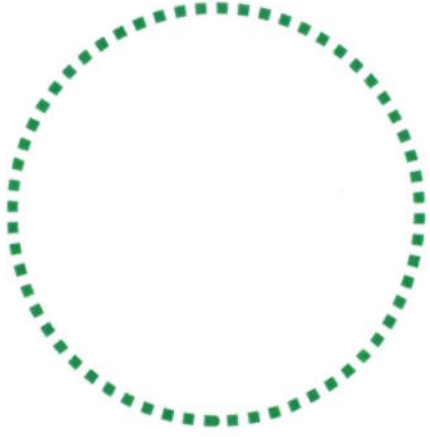


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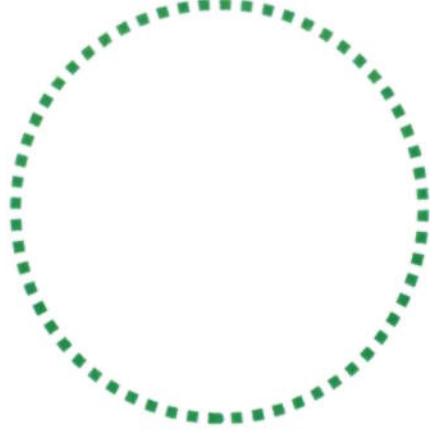
I like these foods.



\_\_\_\_\_

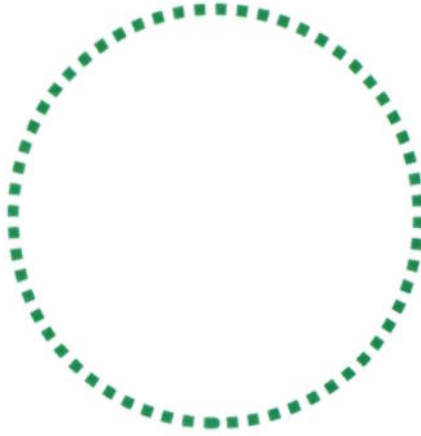


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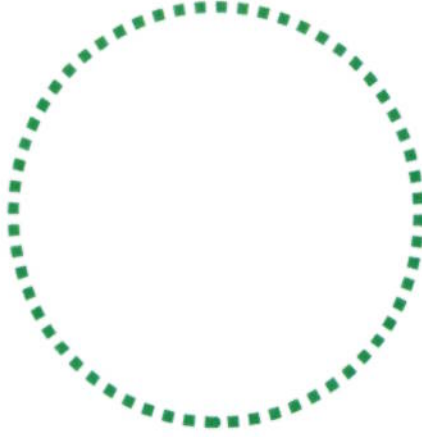
\_\_\_\_\_

My \_\_\_\_\_  
likes \_\_\_\_\_.



\_\_\_\_\_

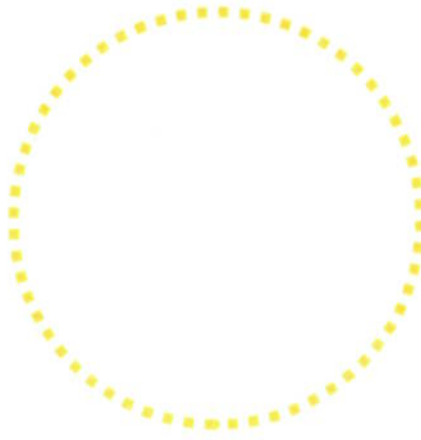
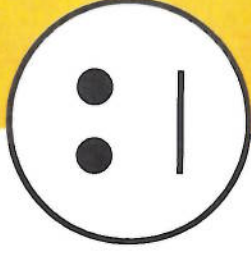
My \_\_\_\_\_  
likes \_\_\_\_\_.



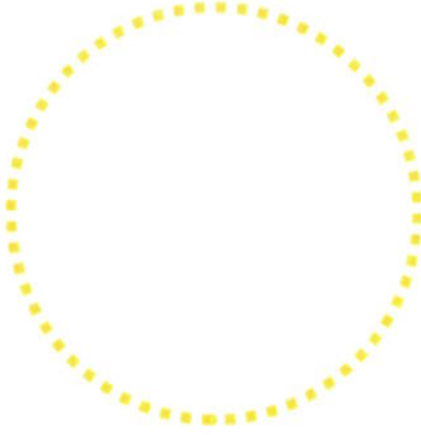
\_\_\_\_\_



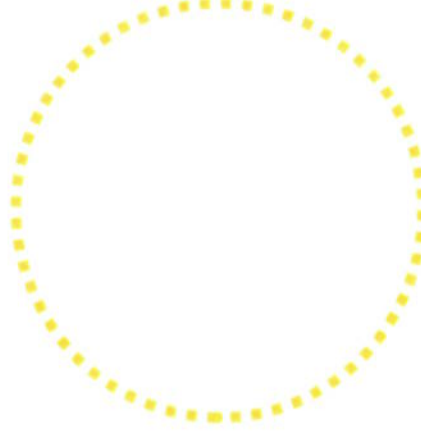
I'm not sure if I like these foods,  
so I'll need to taste them again.



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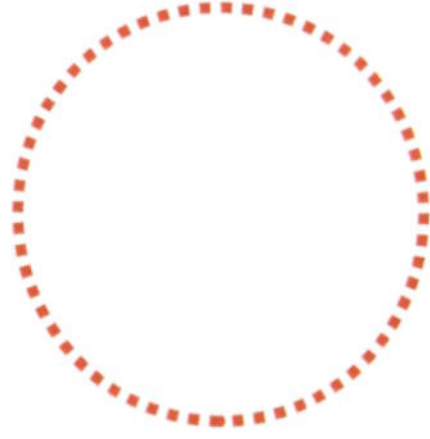
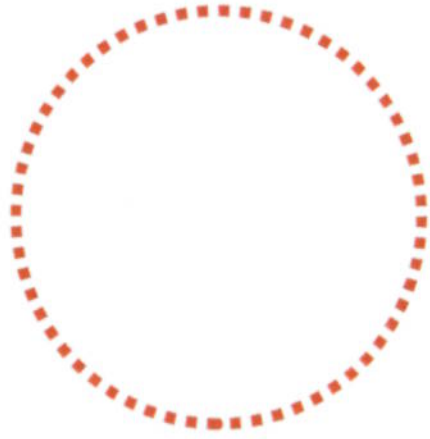
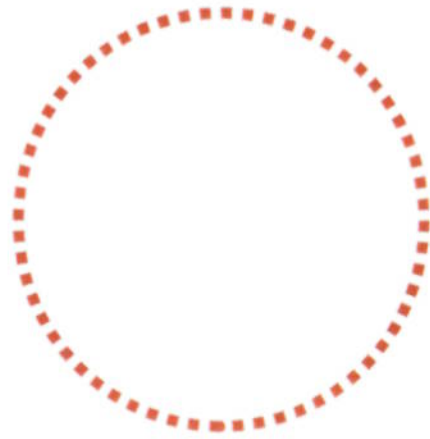
# I have tried these foods.



Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

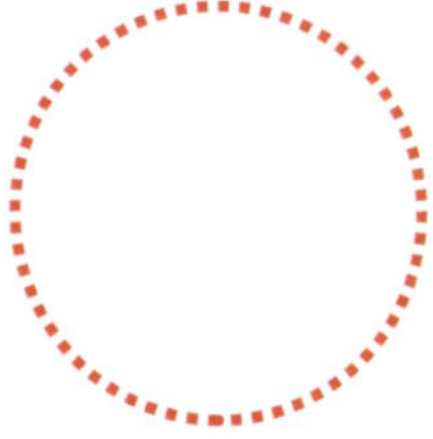
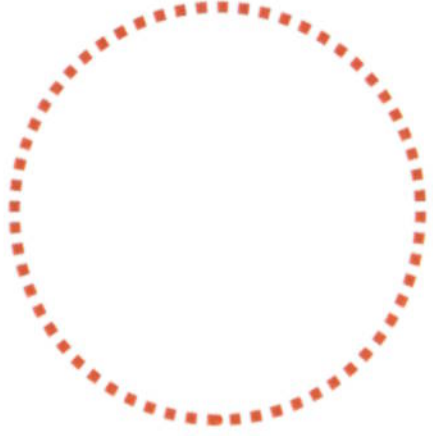
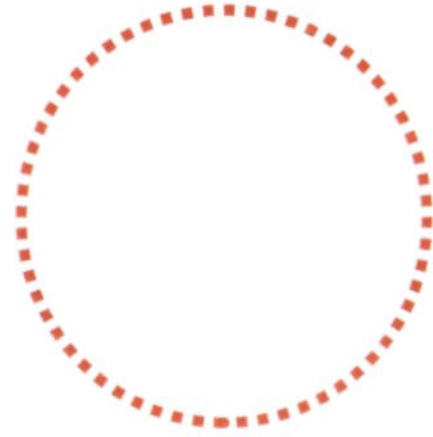


I have coloured in a face to show what I think of each food.



Date: \_\_\_\_\_

I have tried these foods.



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



I have coloured in a face to show what I think of each food.

When I eat well, I feel healthy!



This is me feeling healthy!

When I feel healthy, I can...

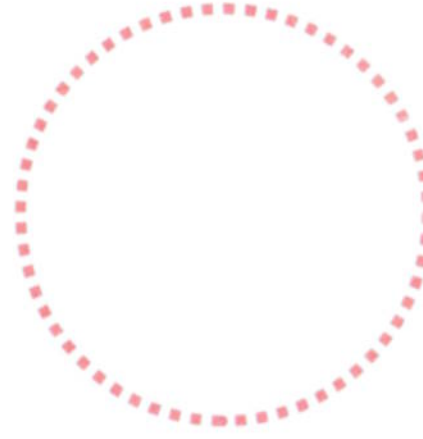
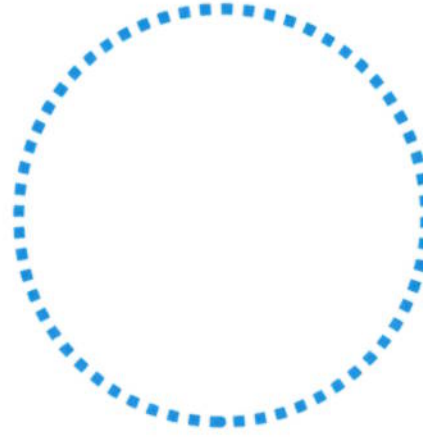
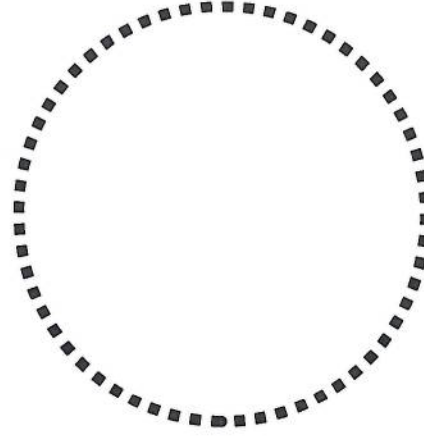
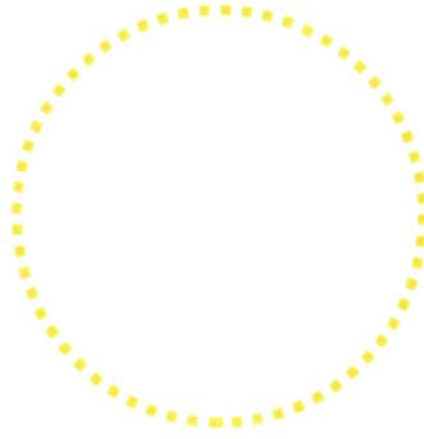
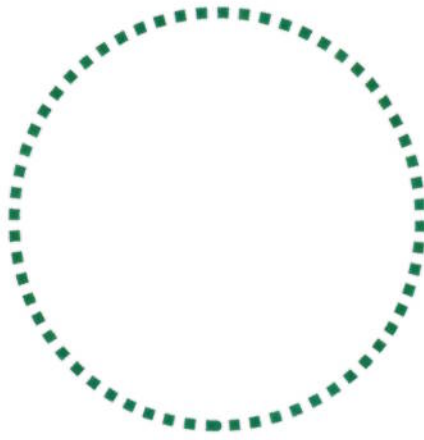


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I need different foods and drinks  
to be healthy.



Here is a drink.

Here is a food from each of the 4 main food groups.