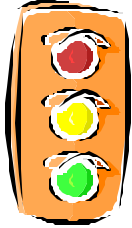


Name..... Date.....

Healthy Diet

Help the nurse with the food traffic lights



Print out the 5 pages

Cut out the pictures and stick them onto the traffic light pages

Remember

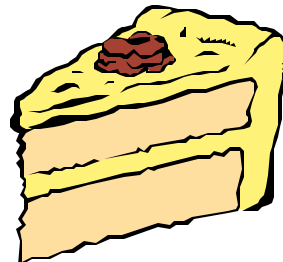
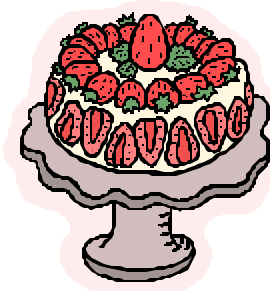
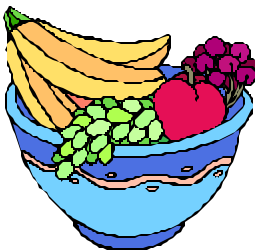
RED means stop!

AMBER means be careful!

GREEN means go!

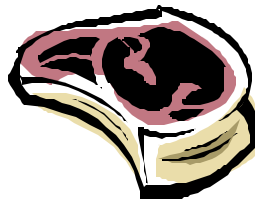
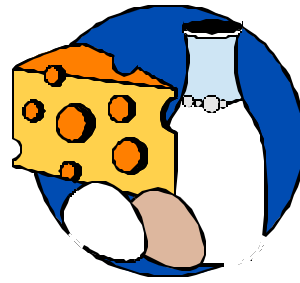
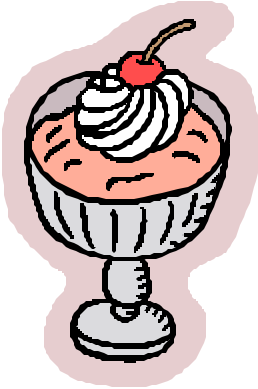
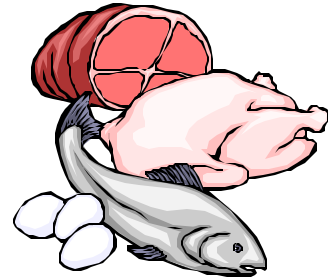
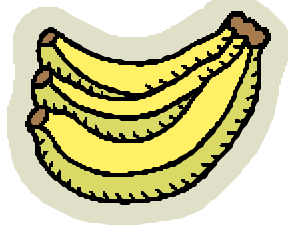
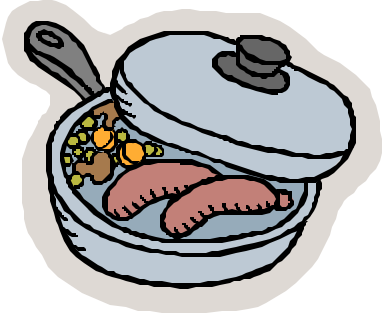
Can you write the names of the foods under the pictures?

Can you find any other pictures to stick in?





Name..... Date.....



Name..... Date.....



RED STOP!
Stick fats
and sugars here



Name..... Date.....



**Amber means
Be Careful!**



What can you put here?

Name..... Date.....



Green GO!
Vegetables fruit
milk eggs

