









My Diet

When I analyse my diet, I can see that...

-  I have/ don't have _____ foods and drinks high in fat, sugar and salt.
-  I have/don't have _____ fats, spreads and oils.
-  I have/don't have _____ meat, poultry, fish, eggs, beans and nuts.
-  I have/don't have _____ milk, yoghurt and cheese.
-  I have/don't have _____ wholemeal cereals and breads, potatoes, pasta and rice.
-  I have/don't have _____ vegetables, salad and fruit.