

# Whats on your Plate?



## Shopping list

- |                  |           |
|------------------|-----------|
| Broccoli         | Milk      |
| Tomatoes         | Cheese    |
| Cucumber         | Yoghurt   |
| Peas             |           |
| Carrots          | Lentils   |
| Lettuce          | Beans     |
| Peppers          | Fish      |
| Mushrooms        | Eggs      |
| Onions           | Meat      |
| Sweetcorn        | Chicken   |
| Apple            | Nuts      |
| Banana           |           |
| Orange           | Oils      |
| Grapes           | Butter    |
| Nectarine        | Sweets    |
| Strawberries     | Ice cream |
| Blueberries      | Crisps    |
| Pears            |           |
| Dried Fruits     |           |
| Potatoes         |           |
| Bread            |           |
| Rice             |           |
| Breakfast Cereal |           |
| Cous cous        |           |
| Pasta            |           |