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Oliver's Fruit & Vegetables  
I Will Never Not Ever Eat a Tomato by Lauren Child  
Summer Supper by Rubin Pfeffer, illustrated by Mike Austin  
Handa's Surprise  
Eat Your Greens, Reds, Yellows, and Purples by DK  
<https://www.bbc.co.uk/iplayer/episode/b01p3000/get-well-soon-25-eat-well-sleep-well>  
<https://www.bbc.co.uk/cbeebies/grownups/portion-sizes-for-kids>



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Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy food

Milk and dairy foods

Meat, fish, eggs, beans

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VITAMIN RICH FOOD  
BE HEALTHY!

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