



KidsNest.in

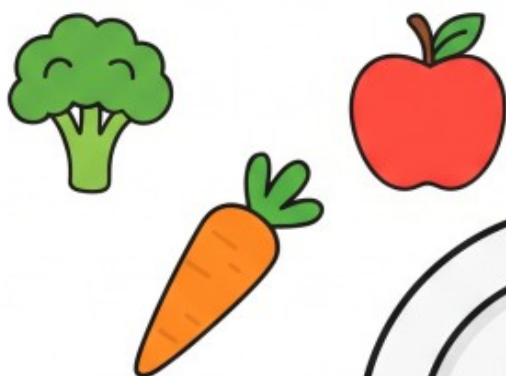
Nurture Learning. Inspire Growth.



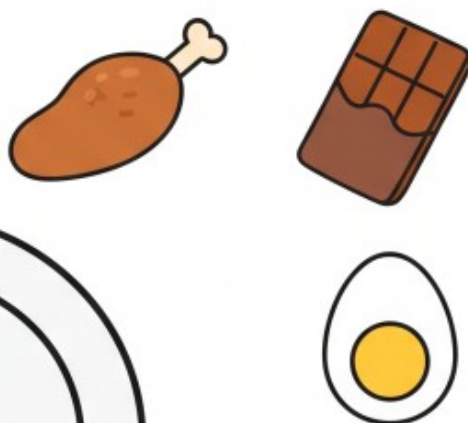
Student's Name: _____ Class: _____ Date: _____

Draw a balanced meal by placing one item from each food group onto your plate.

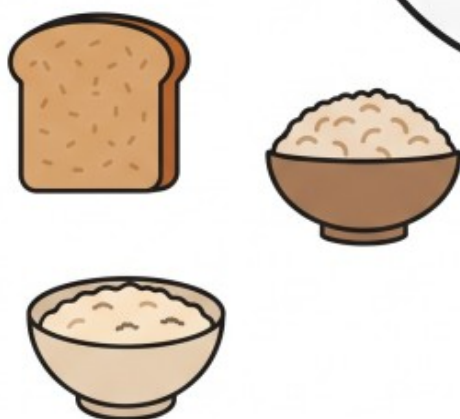
Fruits & Veg



Proteins



Grains



Dairy



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