

**Large Plate**

**Smaller Plate**



**Biscuits**



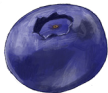
**Nuts, Seeds and  
Raisins**



Cereal



Egg and Toast



**Chocolate**

**Berries**



**Crisps**



**Carrot Sticks**



Fizzy Drinks



Fizzy Water  
and a Slice of Fruit



**Icecream**



**Frozen Yogurt**



Ketchup

Slice of Cheese  
and Tomato





**Pasta**

**Brown Rice**



**Sitting on the Phone**



**Walking on the Phone**



**Sitting**

**Moving**



**Sugar**



**Sweetner**



**White Bread**

**Brown Bread**