

How to stay healthy during
lockdown?

TO KEEP FIT AND HEALTHY -By Riyana Shah 2FF



My daily intake of Fruit ,Vegetables,Dairy and Starch



Creative side during the lockdown



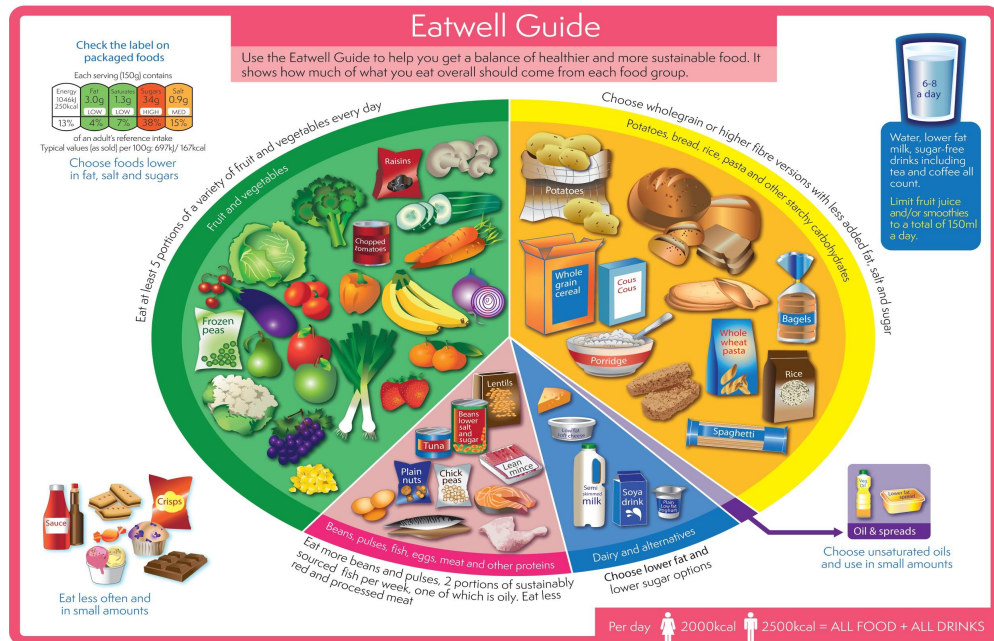
Cooking my own meals ,Hydrating and Sleep



Sugary and Fatty foods



Colourful plate



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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