

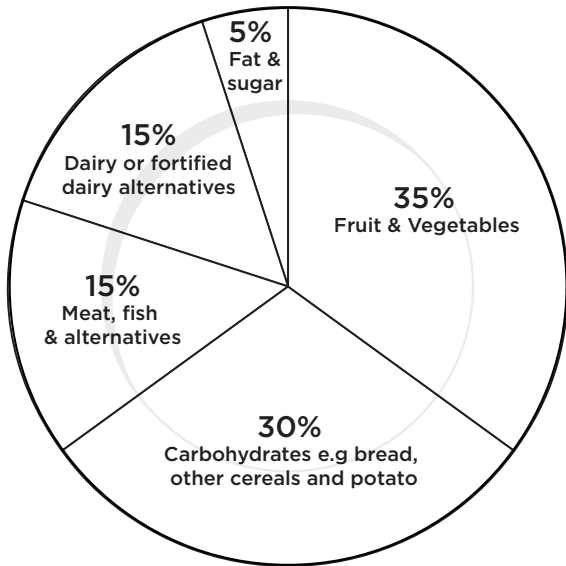


What would you love to eat for your school dinners?
Design, draw & colour in your meal on the plate below.
Don't forget to use our checklist and the information you have learnt to create a scrumptious and satisfying supper (that's healthy too!)

CHECKLIST

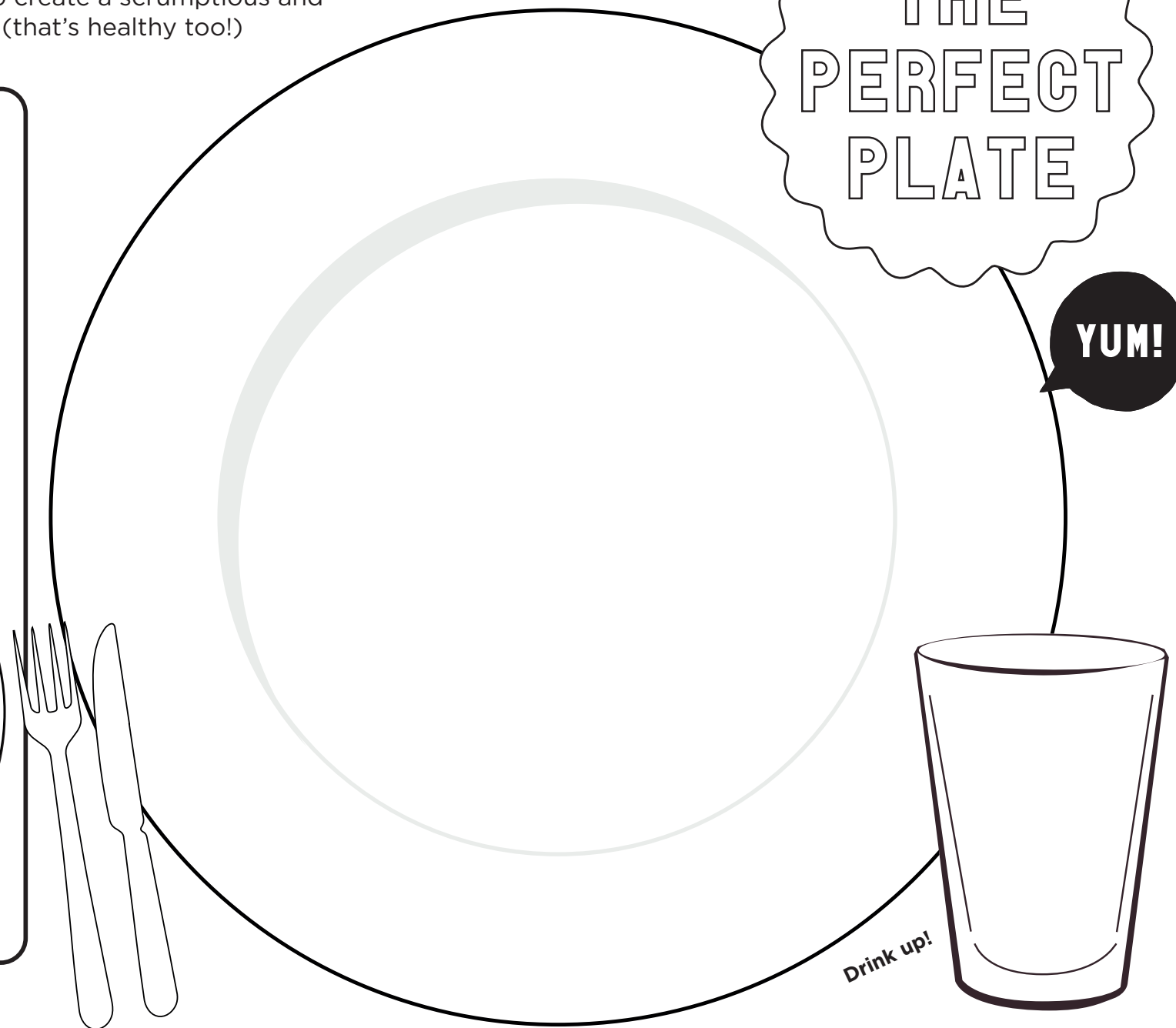
Eating a nutritionally balanced diet keeps you happy and healthy. Have you including **all 5 food groups** on your plate?

- Fruit & Vegetables
- Dairy / Dairy Alternatives
- Carbohydrates
- Fat & Sugar
- Proteins



THE PERFECT PLATE

YUM!



Draw & Colour