

Healthy Menu

Imagine you are planning a meal for your family. What would you include to ensure it was healthy?

Draw or write on the plate what you would make.

Top Tips...

Make sure you include plenty of fruit or vegetables.

Make sure your plate has some bread, rice, potatoes, pasta or other starchy food.

Have you included some protein? (meat, fish, eggs, and other non-dairy protein).

Only a small part of your meal should be the things high in fat and / or sugar!

