

NAME: _____

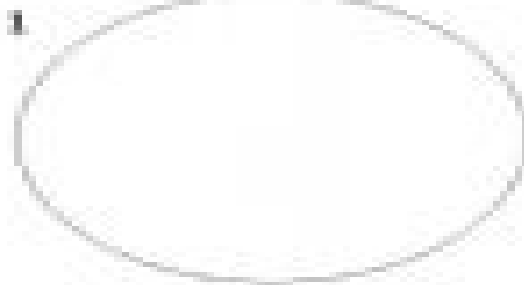
DESIGN A BALANCED MEAL

Draw and label the 3 plates below with your ideas for different balanced meals
- you must include the right amount of the 5 main types of food -

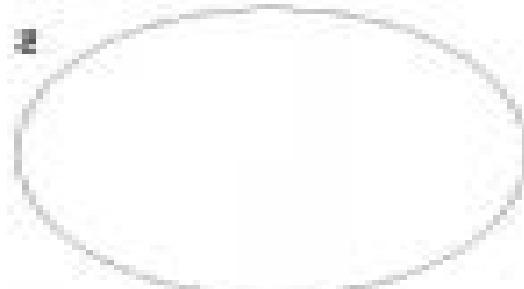
CARBOHYDRATES	FRUIT & VEG	DAIRY	PROTEIN	FATS & SUGAR

Divide into sections and draw:

Explain your Choices



1. _____
2. _____
3. _____
4. _____
5. _____



1. _____
2. _____
3. _____
4. _____
5. _____



1. _____
2. _____
3. _____
4. _____
5. _____