

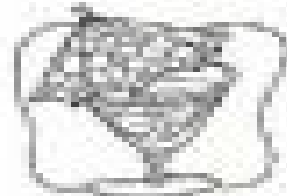
## A MENU FOR LUCY

### READ ALL ABOUT LUCY'S DAY:

Lucy never has breakfast, she gets up late in the morning and only has time for a cup of tea. She usually gets stressed for school, gets late arriving and runs for the school bus.

After a few weeks Lucy starts to feel a headache and starts to make mistakes in her school work. At home, she also notices her cat and garden looking sick, a garden of flowers and a chicken burger.

- 1) Why does Lucy feel tired in the classroom?
- 2) What will happen if she continues to eat the way she is?
- 3) Did you know about that today that you are practicing?



### DRAW UP AND PLAN A HEALTHY, BALANCED AND RESTRICTED MENU FOR LUCY FOR A DAY -

<b>BREAKFAST</b>	
<b>LUNCH</b>	
<b>DINNER</b>	
<b>SNACKS</b>	