

## Prepare a healthy meal

Group work: You will be divided into 4 groups. Each group must prepare and create a poster to record your healthy menu.

Group 1: A healthy breakfast

Group 2: A healthy lunch

Group 3: A healthy lunch box

Group 4: A healthy warm dinner meal

Group 5: A healthy cold dinner meal

What you need:

- Think together in a group about the meals that you want to plan. What foods do you think should make up your healthy menu? Write the foods on a small piece of paper.
- Now try and find the foods you have recorded from different magazines, or alternatively, draw them in your poster. Make sure the pictures are big enough to see. Cut them out and paste them onto your poster. Label the food types and don't forget to add beverages! Present your menu to the class.

