

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 & SUGARS

Divide into sections and draw:

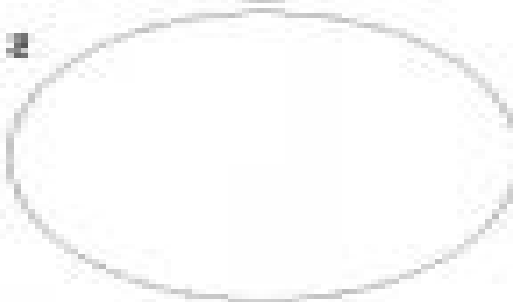
Explain your Choices

1



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

2



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

3



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