

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:

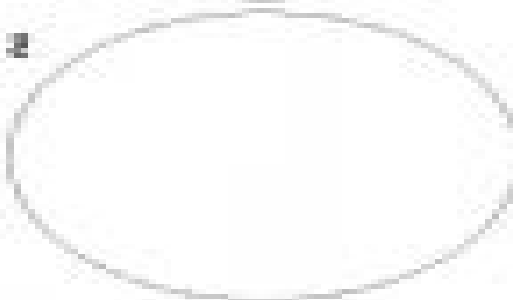
Explain your Choices

1



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

2



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

3



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_