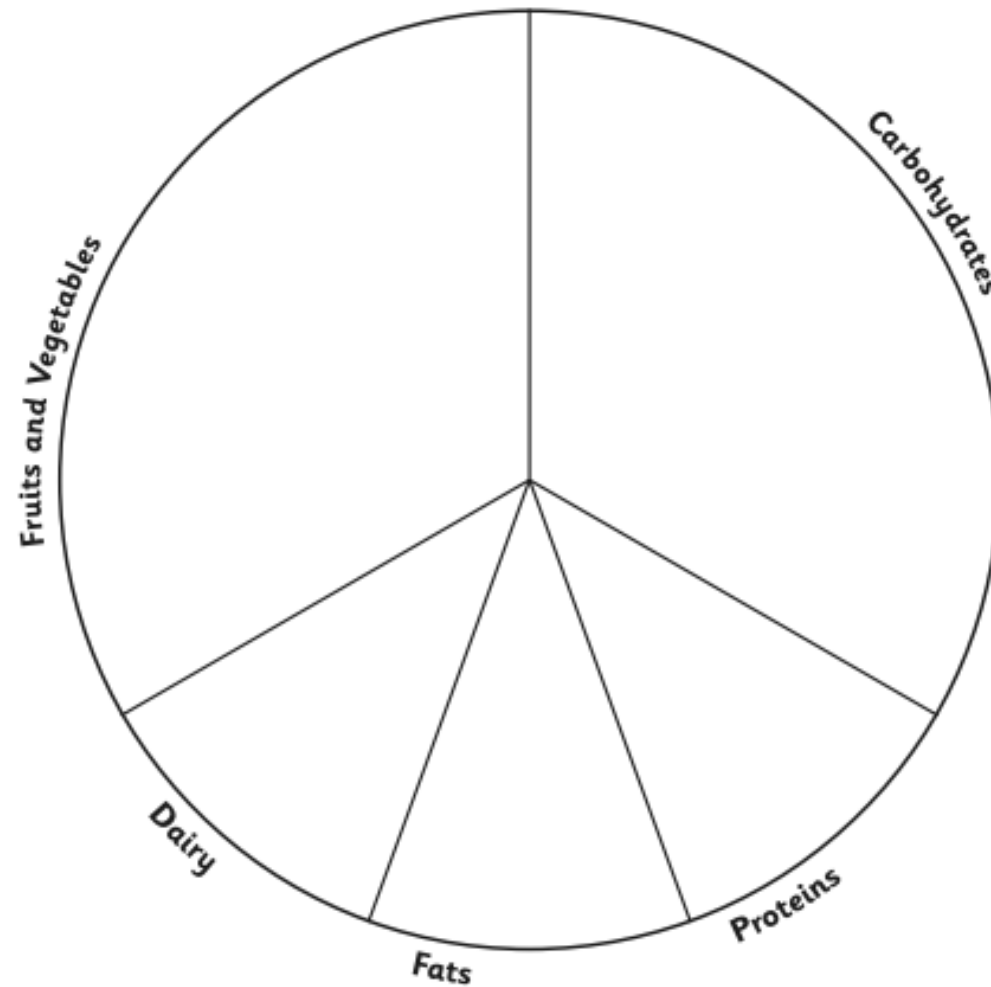


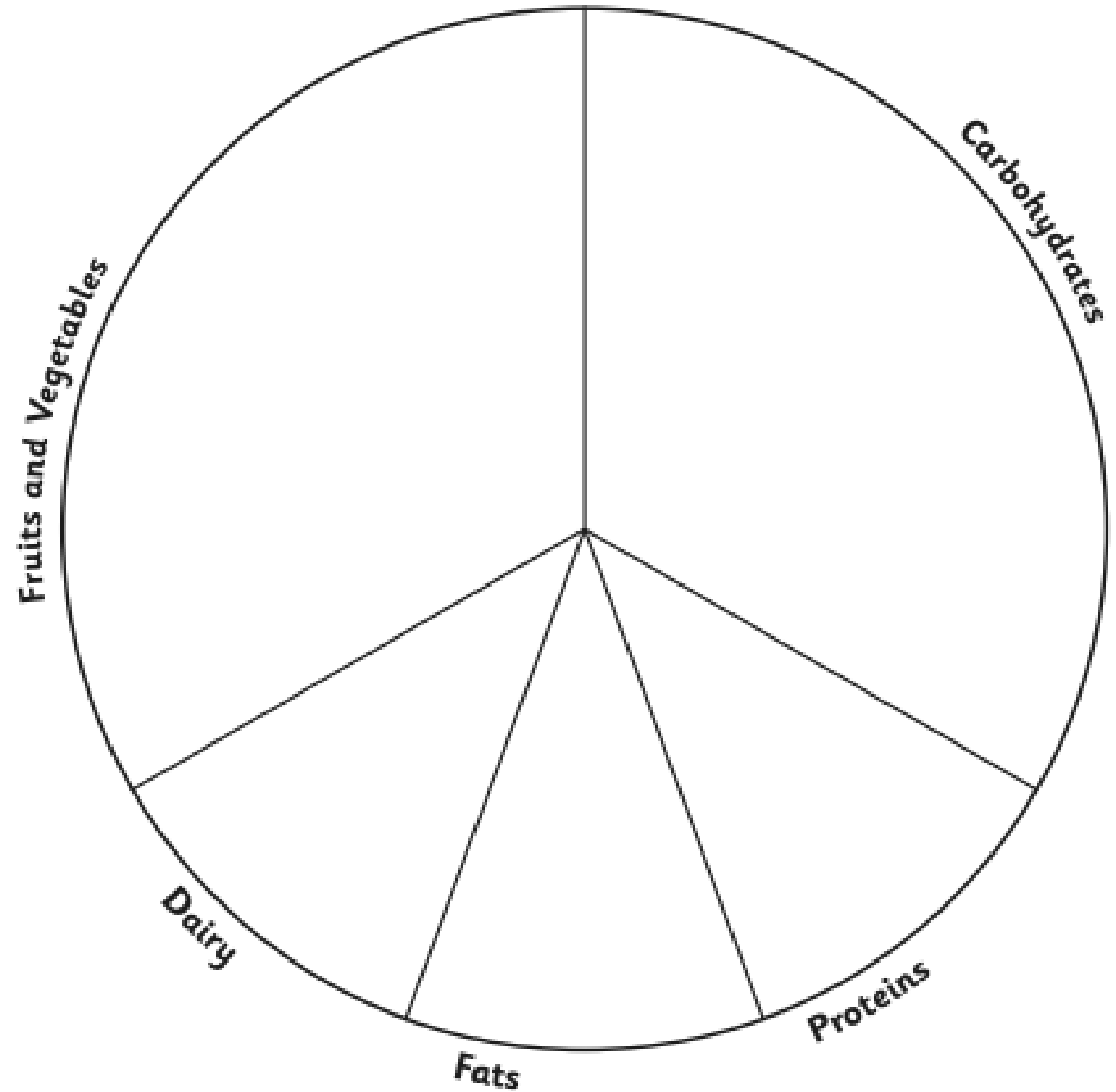
A Balanced Diet

Task 1: Draw and label the foods in the list below on the correct sections of the plate.

Food List
chocolate
muesli
peas
roast beef
doughnut
wholemeal loaf
cheese spread
nuts
cabbage
cous cous
crisps
ciabatta
fromage frais
haddock
mushroom
cheddar cheese
cauliflower



Task 2: Now create a healthy meal of your own. Make sure you have something in each section.



Task 3: Create a weekly meal plan. Try to include a range of different foods that you could have for breakfast, lunch and dinner. Try to plan for a variety of meat, fish and vegetarian dishes over the course of the week. You could use your meal plan to help make suggestions for your family's food shop.

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							