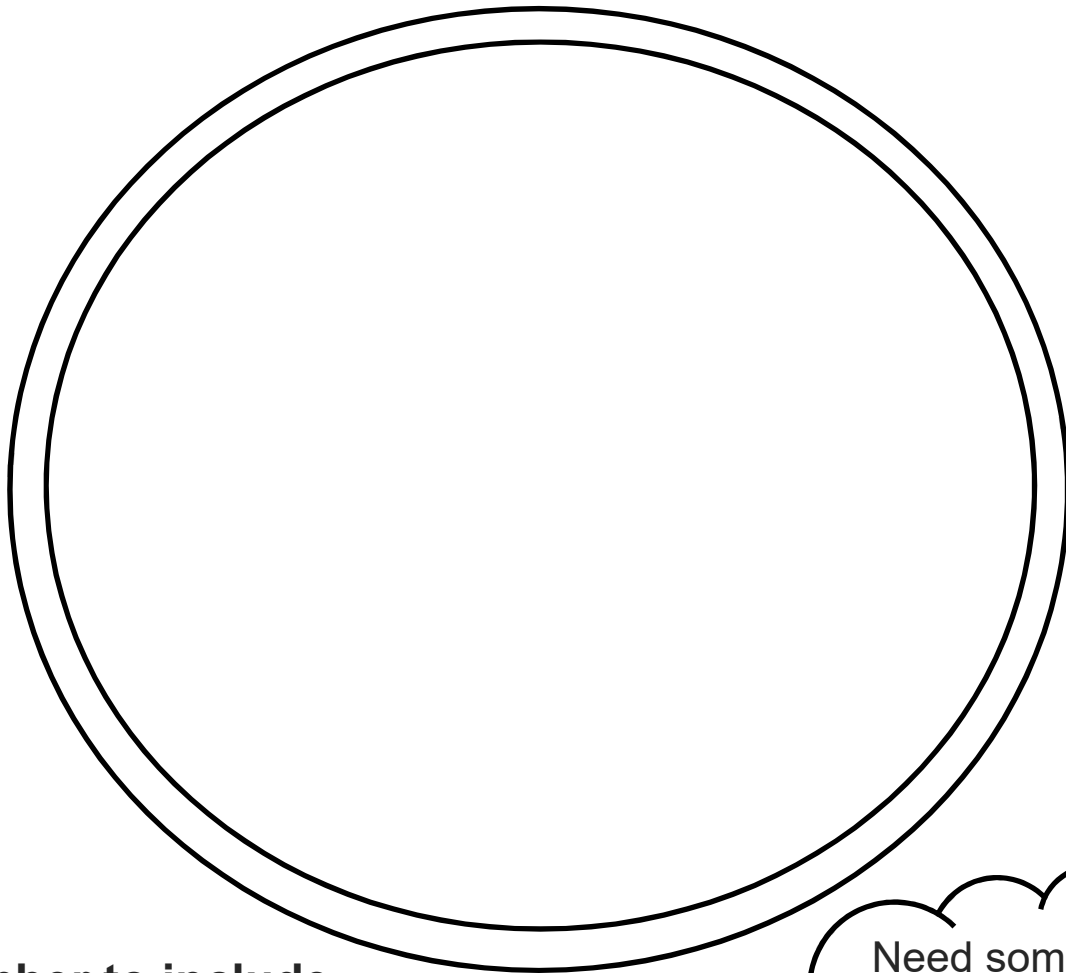


Draw a picture of a healthy meal or packed lunch using foods from each food group



Remember to include

- ✓ **A vegetable or fruit**
- ✓ **A wholegrain carbohydrate**
- ✓ **A protein food**
- ✓ **A dairy or dairy alternative**
- ✓ **A drink**

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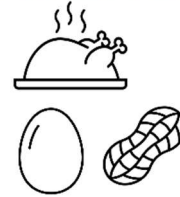
Need some ideas? Look on the next page and choose a food from each box.

A starchy carbohydrate for ENERGY



- Bread
- Wraps
- Pitta breads
- Bread Rolls/Bagels
- Potatoes
- Pasta
- Rice
- Couscous
- Rice cakes
- Crackers

A protein food for STRENGTH



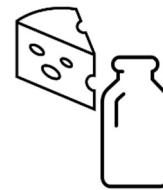
- Tuna
- Hummus
- Chicken or Turkey
- Egg
- Beans
- Lentils
- Peanut butter

Vegetable or fruit for VITAMINS and MINERALS



- | | |
|-------------|-----------------|
| • Peppers | • Apples |
| • Carrots | • Oranges |
| • Cucumber | • Bananas |
| • Tomato | • Berries |
| • Avocado | • Peaches |
| • Radishes | • Dried fruit – |
| • Sweetcorn | Raisins, |
| • Beans | apricots, |
| • Broccoli | figs, mango |

A dairy or dairy alternative for STRONG BONES and TEETH



- Cheese
- Cream cheese
- Yogurt
- Glass of milk
- Soya, Oat or other milk alternatives fortified with calcium