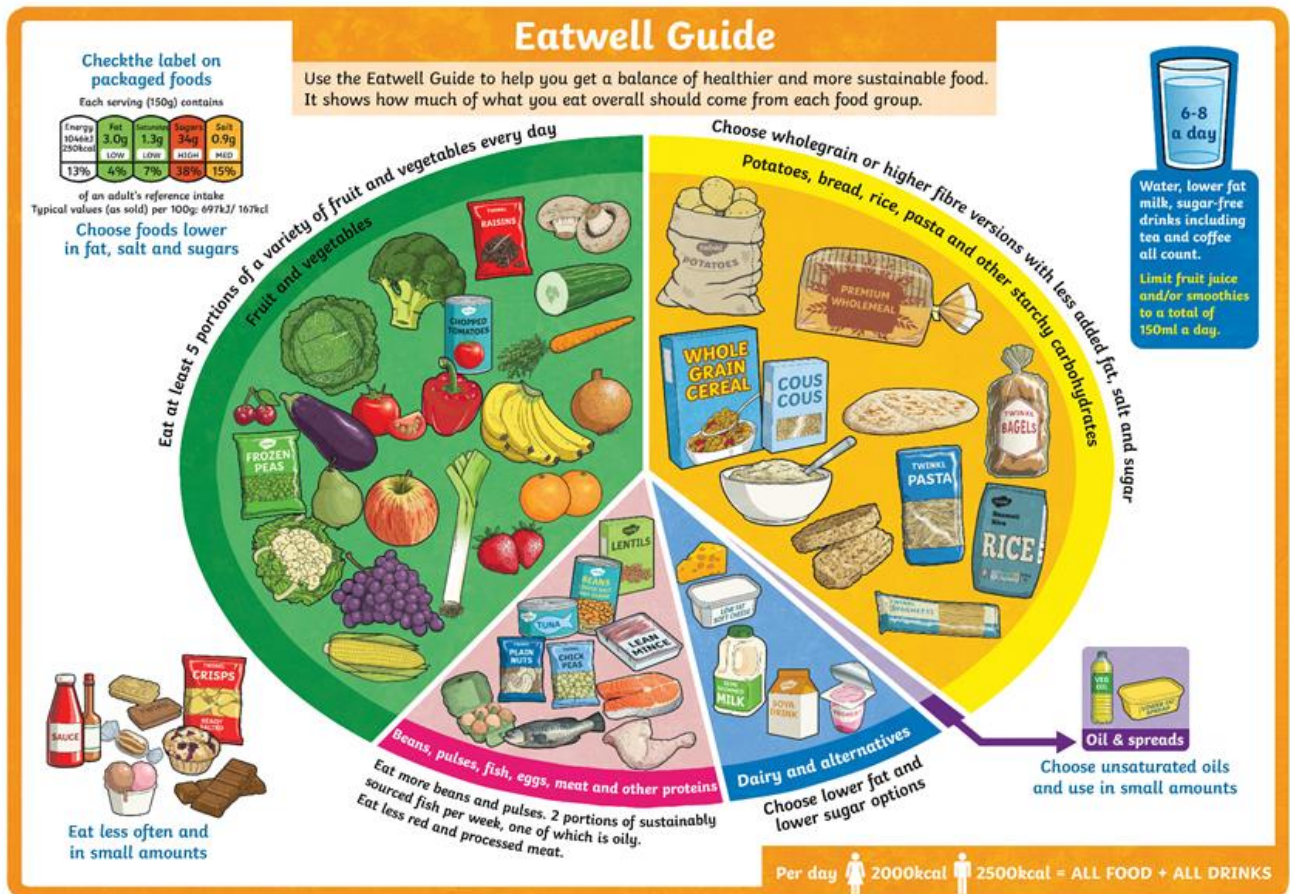


Can you design a meal for your household?

Think about your family and their likes and dislikes. What healthy choices could you make? Consider how easy or difficult it might be to cook. Are you able to make it with ingredients you already have in your home? Perhaps you could plan a menu with more than one course!

Draw the meal you have designed. Try to use the Eatwell Guide to label the food groups:



You may be able to make the meal you have designed over the weekend – ask an adult. We look forward to hearing about your culinary ideas.

