

Healthy Menu Plan

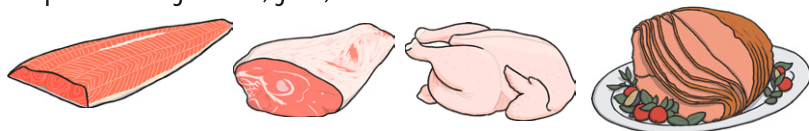
Choose food that you would like to eat during a day of healthy eating. Draw them onto the plates and label them to plan a healthy menu.

Your menu should have:

Fruit, vegetables and starchy food at every meal and for snacks.



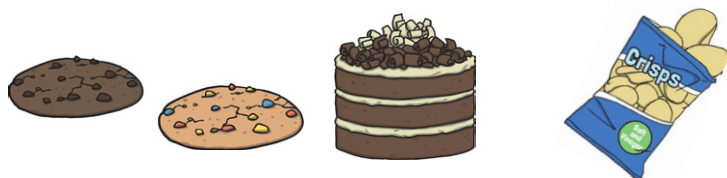
2-3 portions of meat, fish, beans or nuts.



2-3 portions of dairy food.



No more than 1 sugary or fatty treat.



Healthy Menu Plan

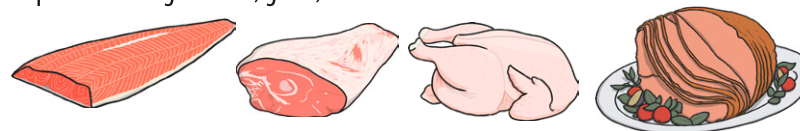
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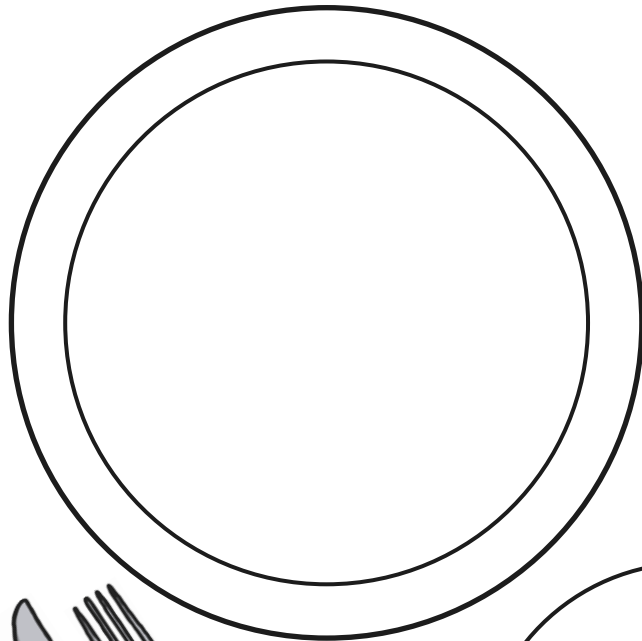
2-3 portions of dairy food.



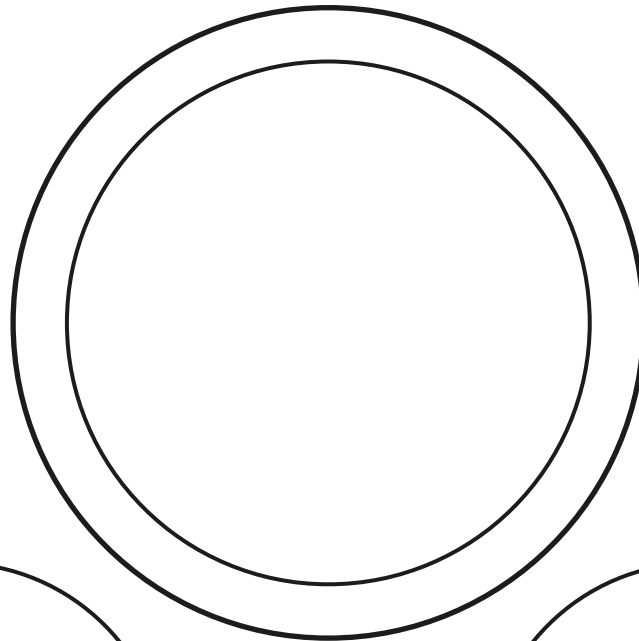
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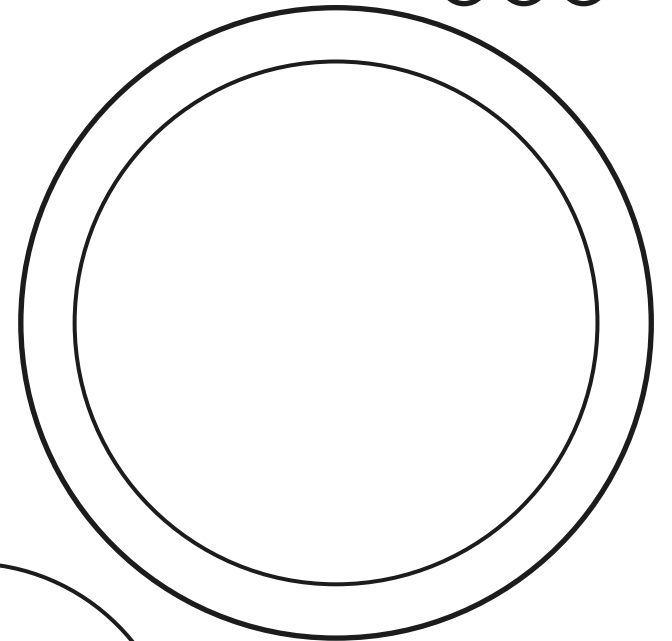
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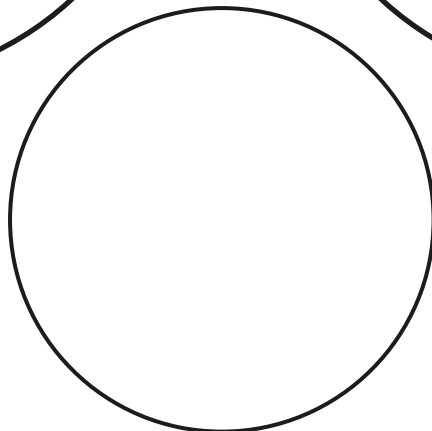
Breakfast



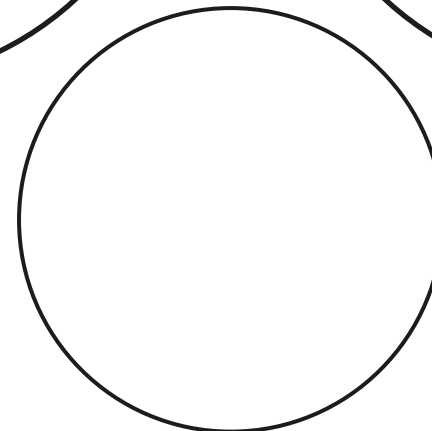
Lunch



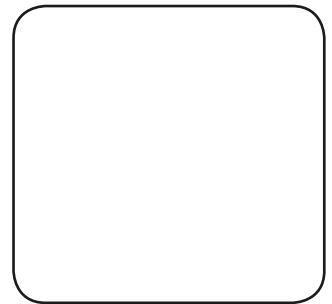
Dinner



Snacks



Snacks



Drinks

