

ACTIVITY SHEET

FIND THE POPULAR SCHOOL MEALS INGREDIENTS!

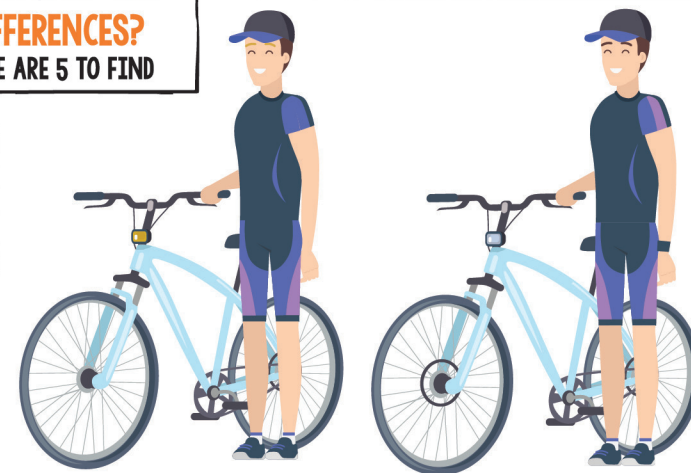
THERE ARE 14 TO FIND!

FRUIT	T	I	U	R	F	F	I	S	H	P	D
VEGETABLES	D	P	O	T	A	T	O	E	S	A	S
POTATOES	A	J	W	A	L	K	N	D	E	S	E
BREAD	I	O	U	B	A	R	O	R	C	T	L
RICE	R	G	M	E	A	T	B	Y	I	A	B
PASTA	Y	G	E	A	D	S	S	L	R	H	A
MILK	F	I	G	N	E	P	M	E	S	T	T
DAIRY FOOD	O	N	S	S	U	I	I	A	U	N	E
BEANS	O	G	L	T	E	R	L	P	Y	L	G
PULSES	D	U	I	I	R	I	K	S	G	G	E
FISH	P	S	U	N	Q	U	O	R	N	A	V
EGGS											
MEAT											
QUORN											

COLOUR ME IN!

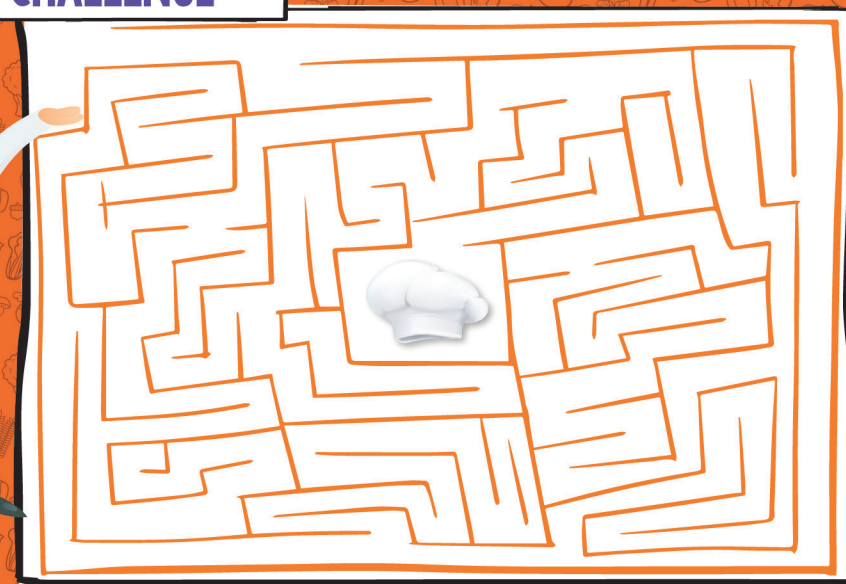


CAN YOU SPOT THE DIFFERENCES?
THERE ARE 5 TO FIND



SCHOOL CHEF CHALLENGE

WHERE'S MY CHEF HAT?
CAN YOU HELP ME FIND IT?



DID YOU KNOW...

IF YOU WANT TO FEEL FULL OF ENERGY, YOU NEED TO EAT A HEALTHY, BALANCED DIET OF FOODS FROM 4 MAIN FOOD GROUPS OF THE 'EAT WELL' PLATE (IGNORING FATS).

THE 4 MAIN FOOD GROUPS ARE:

1. FRUIT AND VEGETABLES
2. POTATOES, BREAD, RICE, PASTA AND OTHER STARCHY FOODS
3. MILK AND DAIRY FOODS
4. BEANS, PULSES, FISH, EGGS, MEAT PLUS OTHER NON-DAIRY PROTEIN

FOR MORE INFO GO TO www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx