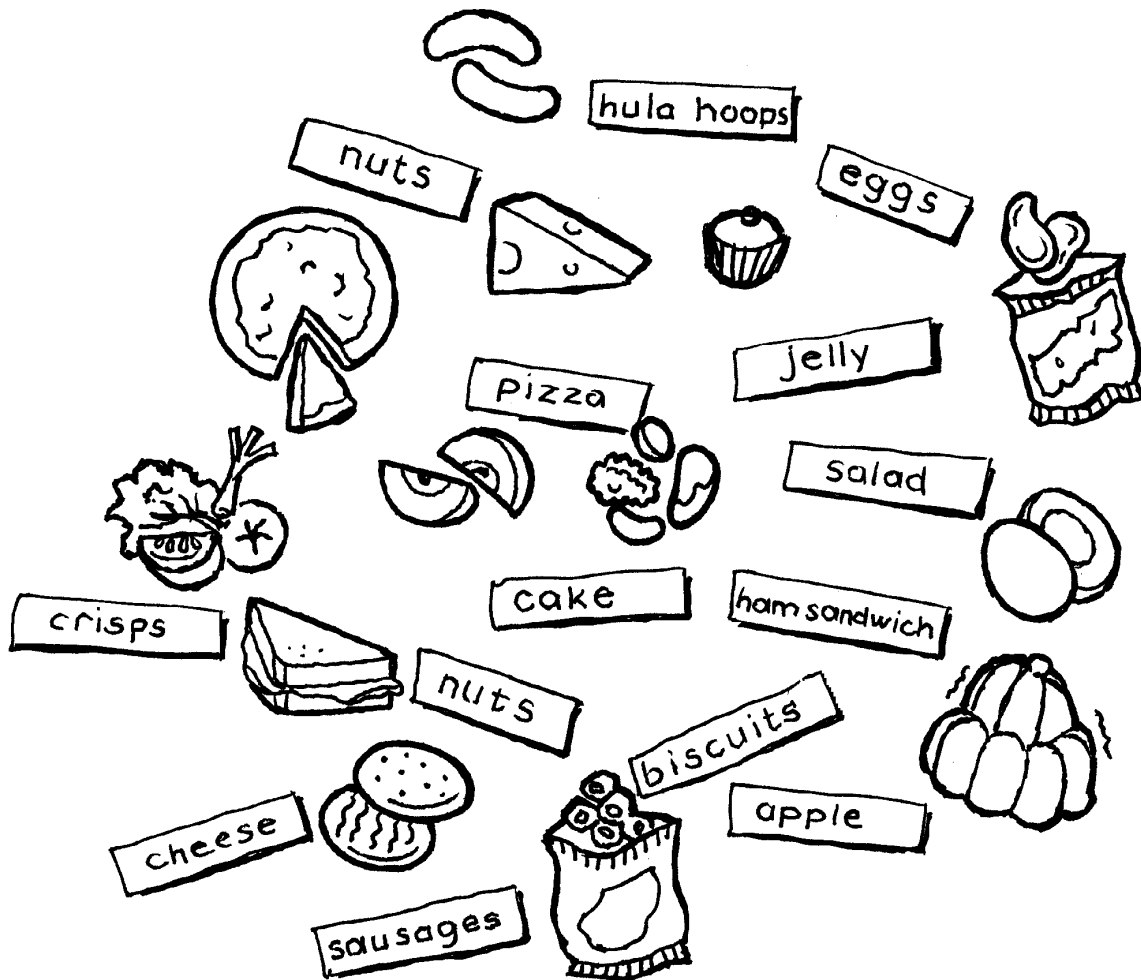


3: Party fun

Plan a meal for a birthday party.

Make sure that it is a healthy meal with protein, carbohydrate and fats and fruit or vegetables.

Using the list of foods, cut and stick the pictures together onto the plate with the names.



Is this meal good for you?

Look back at the triangle and at the pictures of food that you have stuck on the plate.

Have you put in enough protein?

Have you put in too much fat?

Is there enough carbohydrate?

3: Party fun

Party plate

