

Dining in style

- the healthy way



Below are lists of foods from each of the main groups of the 'Balance of Good Health.' Get creative, and use them to design a new and exciting school meal. You need to think about a main meal and a pudding.

You can use 2 foods from the bread, cereals and potatoes list

You can use 3 foods from the fruit and vegetables list

You can use 1 food from the meat, fish and alternatives list

You can have 2 foods from the milk and dairy list

And 1 food of your own choice!!

Fruit and veg	Bread, cereals and potatoes	Meat, fish and alternatives	Milk and dairy	Your choice
Peas	Bread	Baked beans	Milk	
Mushrooms	Potatoes	Turkey	Cheese	
Onions	Pasta shapes	Beef	Cheese spread	
Lettuce	Rice	Chicken	Natural Yoghurt	
Tomatoes	Noodles	Pork	Fruit Yoghurt	
Carrots	Spaghetti	Egg	Cottage cheese	
Spinach	Pitta bread	Sardines		
Peppers	Jacket Potato	Cod		
Lemon	Cereals	Quorn		
Apricots		Pilchards		
Bananas		Lamb		
Strawberries		Red kidney beans		
Apples				

Write down your idea in this box

Draw what you think it would look like here

Give it an exciting title that would help sell it to your friends