tumbuh PRIMARY SCHOOL

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|---|---|
| Name: | |
| Class: | |

# Balanced Diet Schedule

After watching the video about Food Pyramid and Balanced Diet, it is your time to make your own schedule of balanced diet for a week.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Dinner | | | | | | | |

LIVEWORKSHEETS