

Meal Planning 2

1. Make a three course meal using the dishes below. Drag the dishes into their correct places. (6)

Age Group	Percentage
18-24	10%
25-34	20%
35-44	25%
45-54	20%
55-64	15%
65-74	10%
75-84	5%
85+	5%

[illegible]

Iron is important for the adolescent and adult female because

a) Active Jobs c) Mildly Active Jobs

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d) Mildly Sedentary Jobs