

P:97 Activity book

- 3 Write** Make a plan for a super-healthy day. Decide what food you will have for each meal and a snack.
- Remember that the day should include one food or more from each colour of the rainbow.
 - Remember that fruit and vegetables should cover half of the plate for each meal.

Our healthy meal plan	
Breakfast	orange juice, fruit, bread
Lunch	
Snack	
Dinner	

Breakfast	
lunch	
snack	
Dinner	