

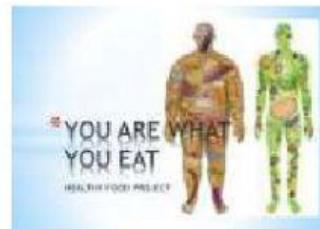
NAME:



**QUESTION 1:**

Choose one of the dishes.

\_\_\_\_\_



**QUESTION 2:**

Explain why you choose the dish.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Provides vitamins	Offer more minerals
Less sweet	Low in cholesterol
Low in fat	Provides energy
Provides fibre	Balanced meal
High in protein	Rich in calcium