

MAIN COURSE #2 HELP THE CHEF

Let's choose the best food for each customer!



Read each customer's request. Choose 1–2 suitable dishes from the menu.
Find the information in the menu and complete the table below.

CUSTOMER #1



Alex the Athlete



I have football practice this afternoon.
I need food that gives me energy to run and play.

I NEED: ⚡ ENERGY

CUSTOMER #2



Mia the Growing Student



I am growing taller and I want to build strong muscles.
I need food that helps my body grow.

I NEED: 💪 GROWTH

CUSTOMER #3






Sophia the Healthy Eater



I want to stay healthy and keep my body working well every day.
I need food that keeps me strong and healthy.

I NEED: 🛡️ HEALTH

Customer	Dish(es) I choose (1–2 dishes)	Main nutrient / The same nutrients between 2 dishes (Write all that apply)	How does this dish help? (Choose from: Energy / Growth / Health)
 Alex the Athlete	1. _____ 2. _____	_____ _____	<input type="checkbox"/> Energy <input type="checkbox"/> Growth <input type="checkbox"/> Health
 Mia the Growing Student	1. _____ 2. _____	_____ _____	<input type="checkbox"/> Energy <input type="checkbox"/> Growth <input type="checkbox"/> Health
 Sophia the Healthy Eater	1. _____ 2. _____	_____ _____	<input type="checkbox"/> Energy <input type="checkbox"/> Growth <input type="checkbox"/> Health