

Dinner Designs

Student activity sheet

Activity: Using the blank plate draw or find images of a healthy dinner meal that you would like to eat.

A healthy dinner meal is based on the Australian Dietary Guidelines and should **include:**

- vegetables
- wholegrain foods (where needed)
- lean meats and their alternatives such as poultry, fish, egg, tofu, legumes/beans

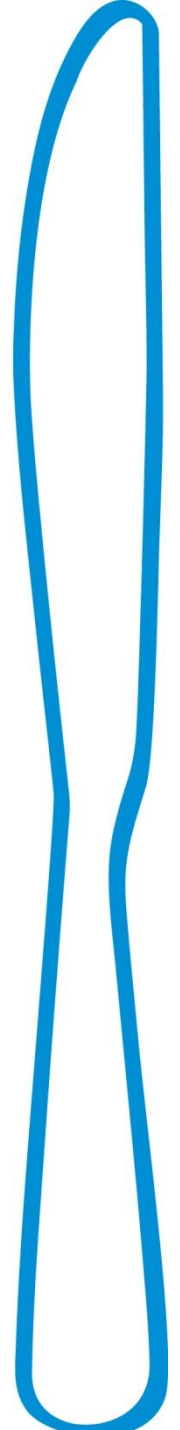
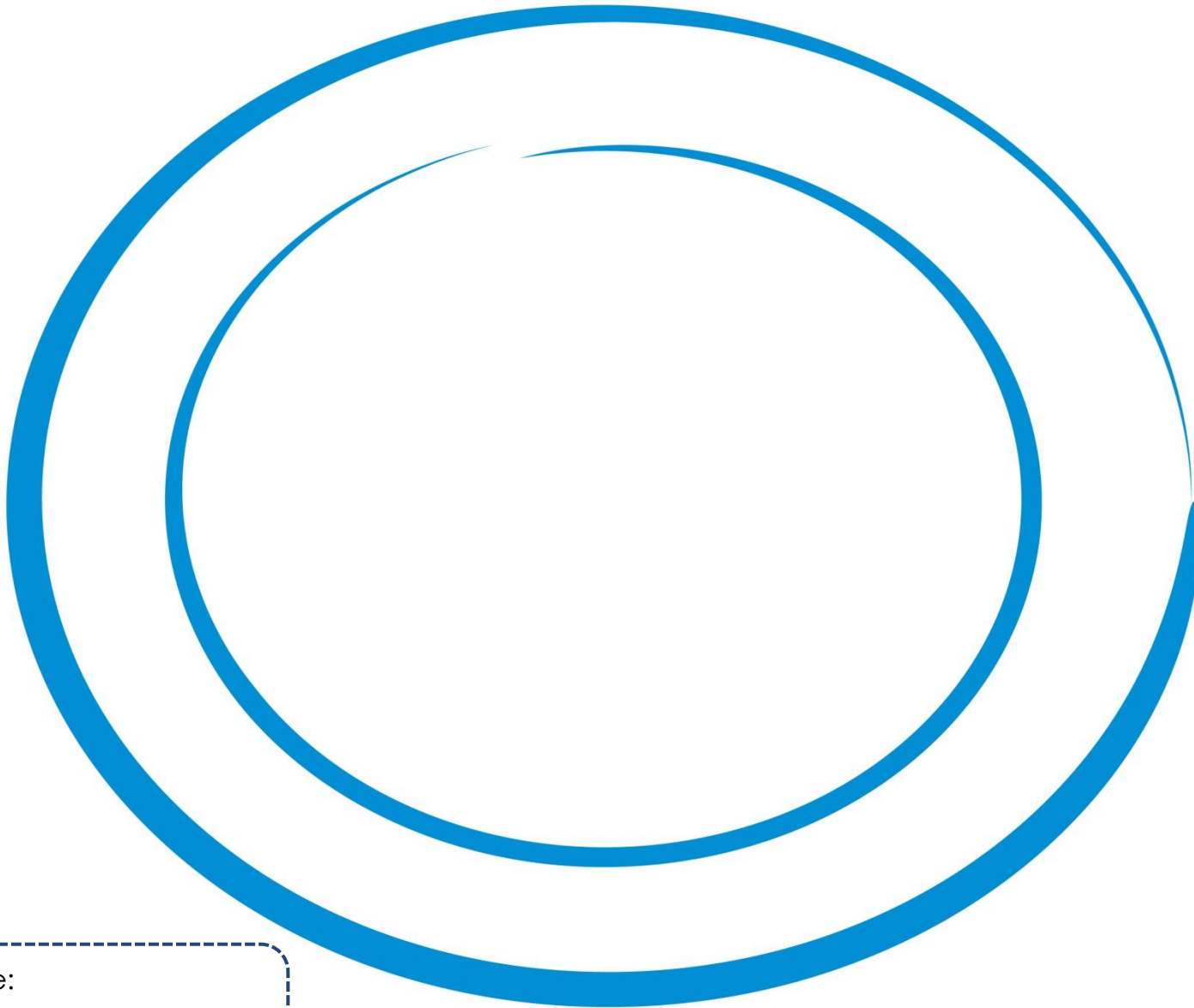
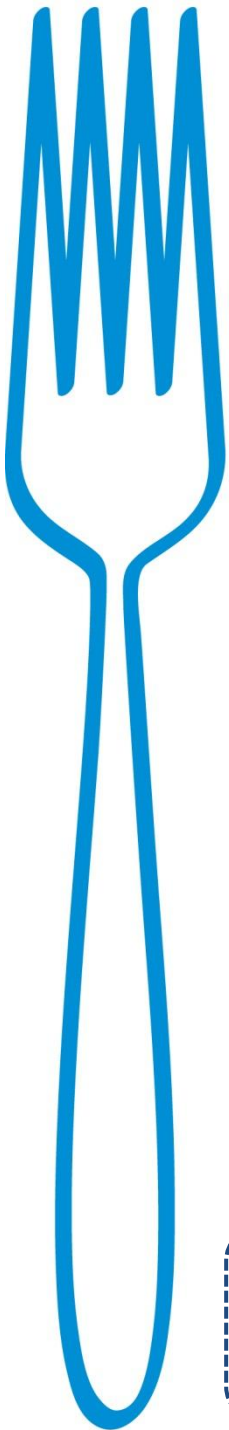
and **limit:**

- added fats, salt and sugar



What makes your dinner a healthy meal?

If you could invite anyone to share this meal with you who would it be and why?



Name: _____
Class: _____
School: _____