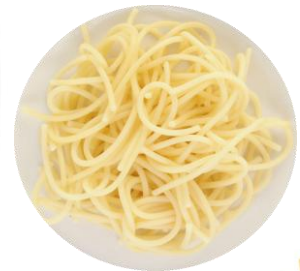
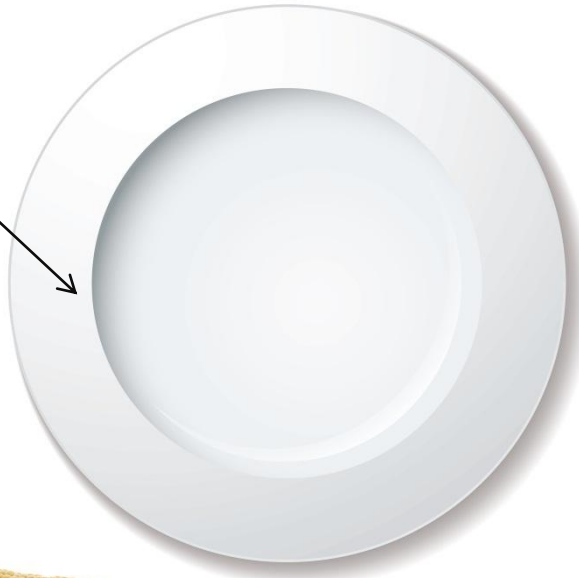
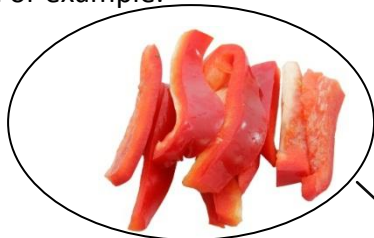


# Create a healthy dinnertime meal

## Student activity sheet

**Activity: Circle all the healthy foods and drinks you can see on this page. Then draw a line from the healthy foods to the dinner plate of foods that you would like to eat for dinner.**

For example:



Have you included?

- Vegetables
- Lean meat or their alternatives
- Wholegrain foods