

# Planning a balanced meal

What foods will you choose to use to give you ...

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| <b>Protein</b><br>To help us grow and repair       |  |
| <b>Carbohydrate</b><br>To give us energy           |  |
| <b>Vitamins and minerals</b><br>To keep us healthy |  |
| <b>Fat</b><br>To keep us healthy                   |  |
| <b>Fibre</b><br>To help us poo!                    |  |

What will you do to make this meal taste nice?