Plan a Healthy Meal

Using your knowledge of the Eatwell Guide, plan a healthy meal that includes all 5 food groups. Use the checklist to ensure you include everything you need.

Success Criteria:

Use this checklist to ensure you have included all 5 groups in your meal.

- ☐ Fruit and Vegetables
- ☐ Carbohydrates
- ☐ Protein
- ☐ Dairy
- ☐ Fats