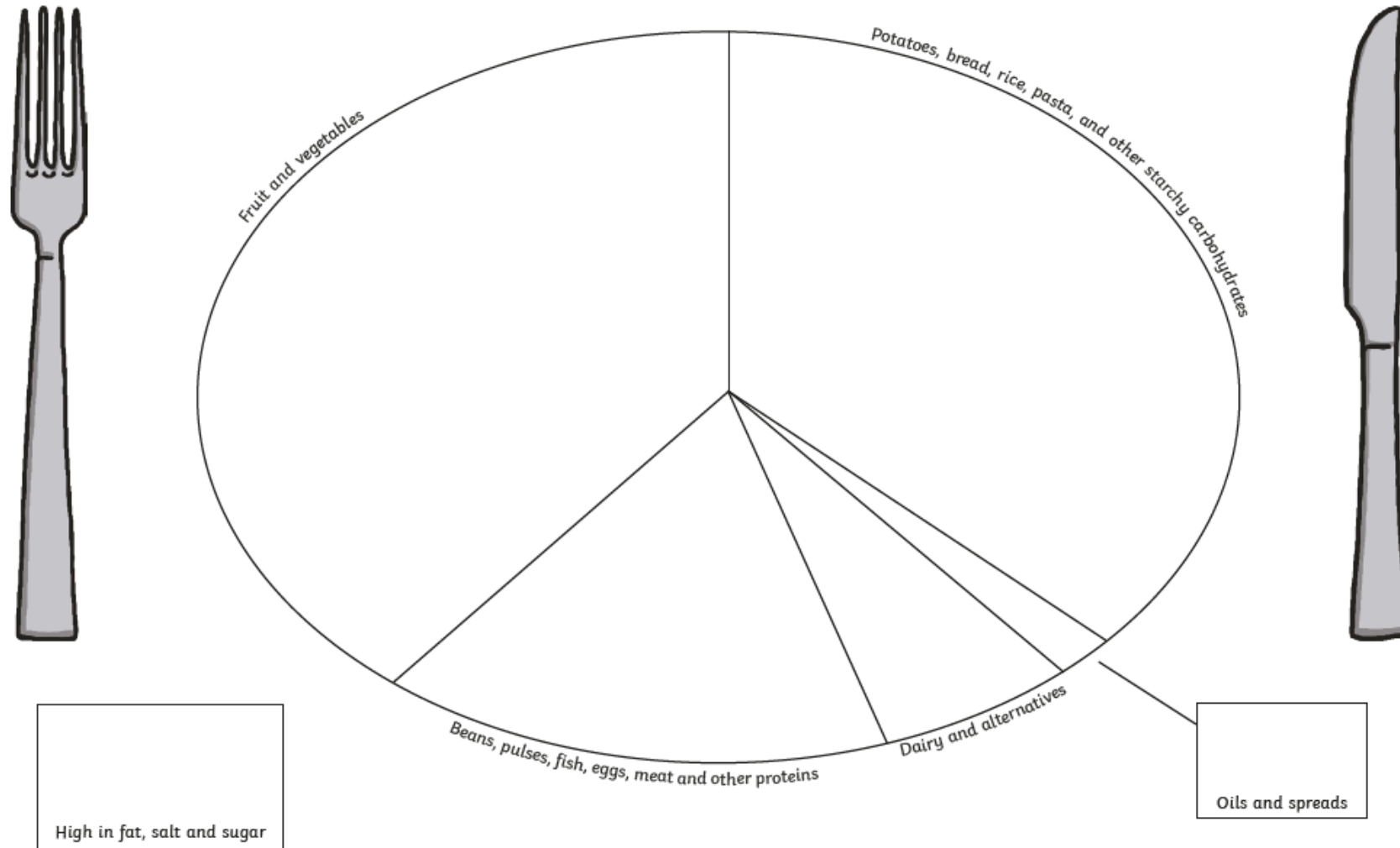




Design A Healthy Meal



Use your knowledge of the different food groups, to design a meal that is healthy and balanced and provides all the nutrient types humans need. Draw or write your meal idea into the correct areas of the plate below:



How could you adjust the meal to make it suitable for a vegetarian? _____