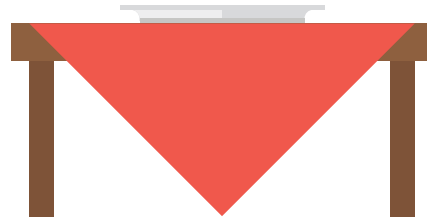


Design a

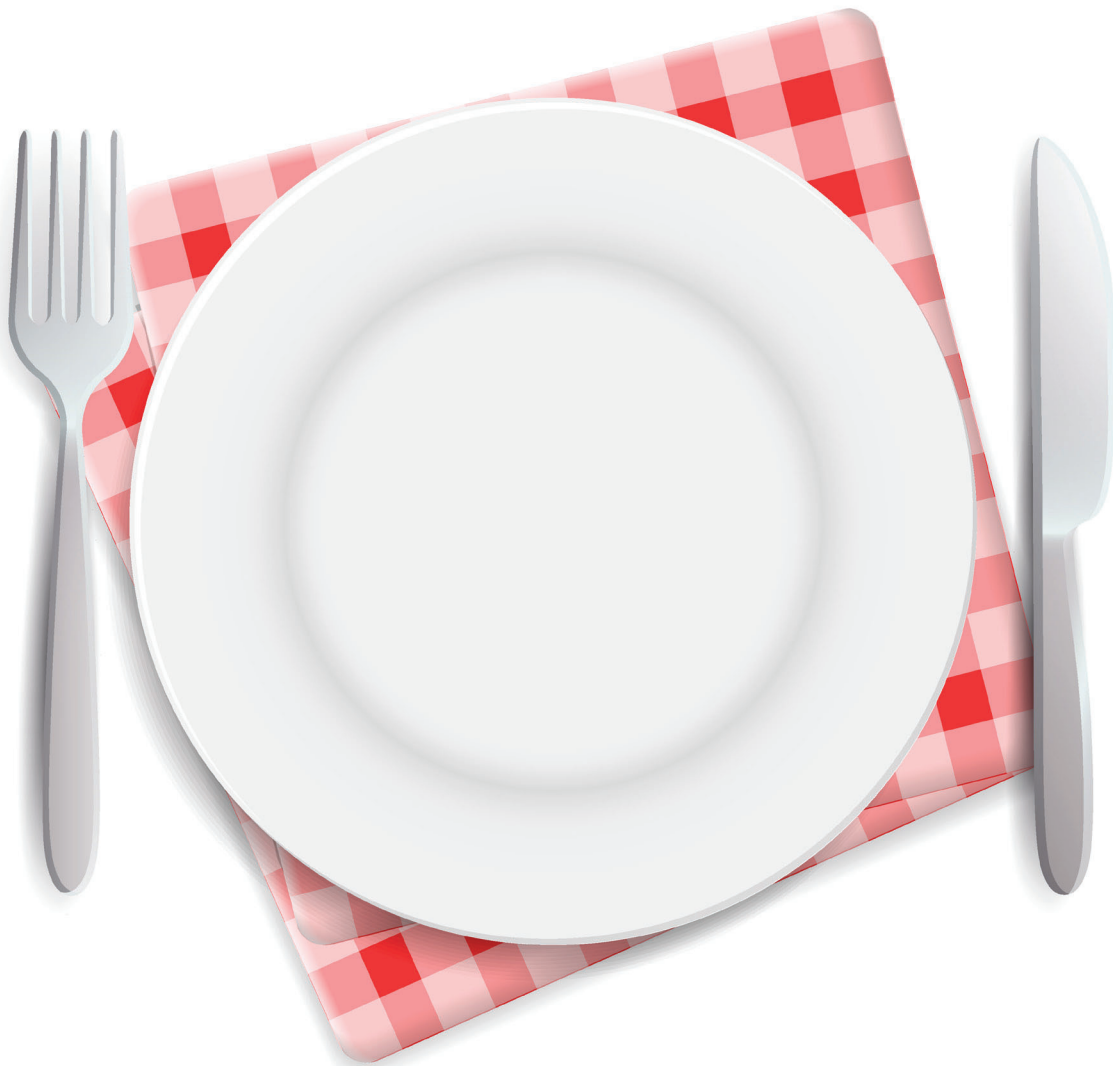
HEALTHY MEAL



Healthy food helps your body grow strong and avoid problems later. Healthy food is full of nutrients and vitamins that are good for you and keep your body working well. We should eat 2 serves of fruit and 5 serves of vegetables every day to keep healthy. A serve is about a cup of fruit or vegetables.

Can you design a healthy meal by drawing some food on the plate below?

What fruits and vegetables will you include?



Did you know...

At Telethon Kids, we have nutrition researchers whose job is to study different kinds of food and how they can impact on our health!