



Mealtime

Mealtimes

Would you have the food or meals in these pictures for your breakfast, lunch, evening meal or as a snack?

Can you explain why?

Would you add anything to the food or meals to make them healthier?

Fish fingers, chips and peas



Porridge with banana



Tuna and sweetcorn baked potato, salad and water



Muesli, pear and orange juice



Spaghetti bolognaise



Bagel with soft cheese and milk



Crumpet



Cheese and salad roll, apple and grapes



Beans on toast and cucumber



Vegetable pizza, salad and water



Banana



Yogurt



Mealtimes



For further information, go to:
www.foodafactoflife.org.uk