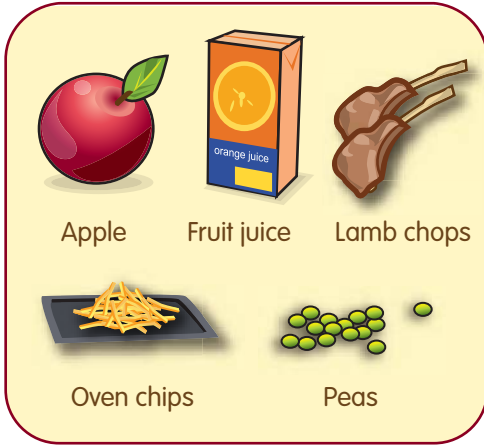


The Potato Story

Have a look at these four children's lunch boxes.

Do you think they've chosen a balanced meal?

What could they have chosen to eat to make their meal tastier and healthier?

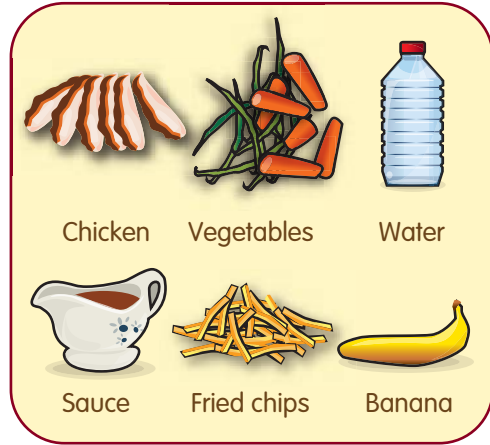


Jack:

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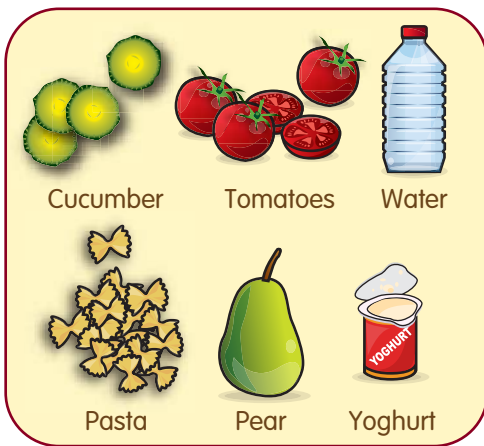


Louise:

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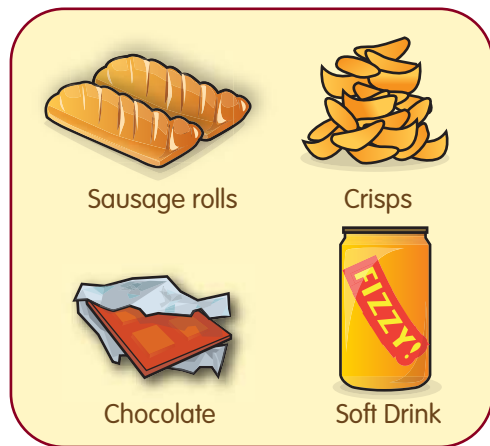
Miquita

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Emil

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Activity Sheet 1: A Day in My Diet



The Potato Story

Extension Exercise:

Write down what you had for lunch today. Did you choose a balanced meal?

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Activity Sheet 1: A Day in My Diet

