

Name:

Date:

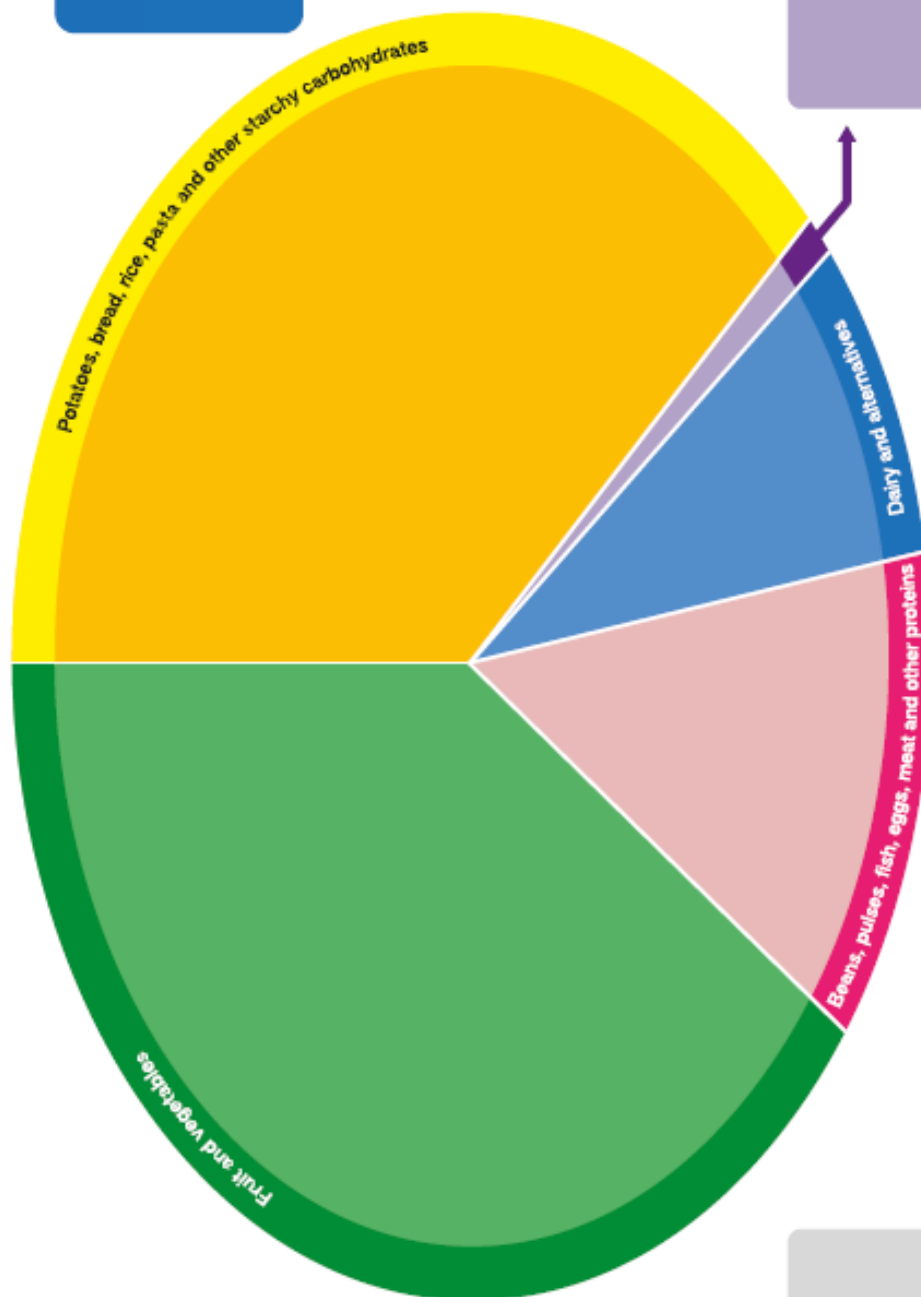


## Menu planner worksheet

Plan a menu of food and drinks for a day.  
Write or draw the food in the blank Eatwell Guide to check the proportions of food included from each group.

Menu
Breakfast
Lunch
Evening meal
Drinks and snacks

# Eatwell Guide



Eat less often and in small amounts