

GROW YOUR OWN POTATOES



Name: _____

Worksheet 17: My lunchbox

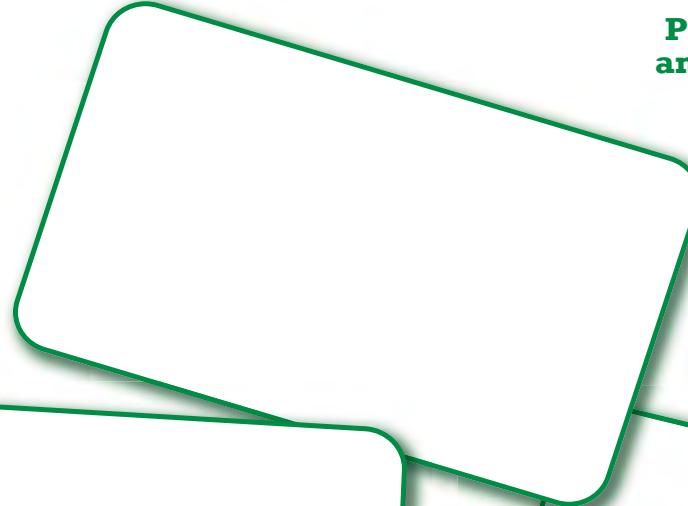


Plan your own healthy lunchbox. Draw or write a food or drink in each box.

A good portion of starchy food



Plenty of fruit and vegetables



A portion of milk or dairy food



A portion of lean meat, fish or an alternative



A drink

