

Name: _____

GROW YOUR OWN POTATOES



Worksheet 18: Planning a healthy meal

Have you got:

- A good portion of starchy food, e.g. mashed potatoes
- A portion of lean meat, fish or an alternative, e.g. grilled sausages
- Plenty of vegetables, e.g. peas or carrots
- Fruit and / or a yogurt for dessert
- A drink, e.g. fruit juice, milk or water.

