

THANKS FOR NOT PRINTING THIS PAGE!



Simply print from page 2 in your printing options, to avoid wasted paper and ink.

To find out more visit www.twinkl.co.uk/eco



Thanks for downloading and welcome to the twinkl family!

If you love our resources, you'll love premium!

- Save valuable time- we know how precious time can be, so we've spent thousands of hours creating lovely resources, leaving you to focus on what's most important.
- All the tools and materials you will need to create an amazing learning environment for your little stars!
- The largest collection of premium resources on the web at less than 1p per resource!
- Find out more about Twinkl premium at www.twinkl.co.uk/premium



How to change the print size of this resource

- In your PDF reader, click the 'File' menu
- Select 'Print'
- Click the box next to 'Print Scaling' and select 'Multiple Pages Per Sheet'
- You will now have various options, which will enable you to print several pages on just one sheet of paper.

A brief word about copyright...

By downloading this resource, you agree to the following:



Scan QR Code



You may use this resource for personal and/or classroom use only. We're more than happy for you to keep your own backup copy though.

In order to support us, we ask that you always acknowledge www.twinkl.co.uk as the source of the resource. If you love these resources, why not let others know about Twinkl?

You must not reproduce or share this resource with others in any form. They are more than welcome to download the resource directly from us.



You must not host or in any other way share our resources directly with others, without our prior written permission.

We also ask that this product is not used for commercial purposes and also that you do not alter the digital versions of our products in any way.

We hope you enjoy the resource and we'll see you very soon! x



Date _____

Name _____



Here are a selection of meals that each family member orders whilst out for tea one evening. Analyse the different food groups and use this information to decide whether each menu is balanced or not. Consider which you think is the most/least healthy. Be prepared to give reasons for your answers.

MENU 1

STARTER: Tomato soup with bread and butter

MAIN: Grilled chicken and green leaf salad with steamed potatoes

DESSERT: Cheese and biscuits.

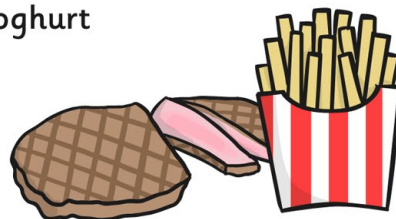


MENU 2

STARTER: Seafood

MAIN: Steak and chips

DESSERT: Fruit yoghurt

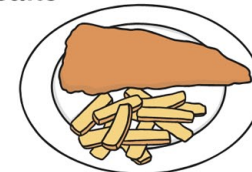


MENU 3

STARTER: Vegetable soup with bread and butter

MAIN: Fried fish and chips

DESSERT: Chocolate cheesecake



MENU 4

STARTER: Creamy garlic mushrooms

MAIN: Gammon, egg and chips

DESSERT: Jam doughnut



MENU 5

STARTER: Melon

MAIN: Steamed fish with green beans and new potatoes

DESSERT: No dessert



MENU 6

STARTER: Creamy garlic mushrooms

MAIN: Beef burger, chips and onion rings

DESSERT: Treacle sponge and custard

