

# Ramadan

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Draw and label your Suhoor meal. Remember this needs to give you energy for the whole day.

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Choose foods from the boxes below. You can also choose other foods not in the boxes.

<b>Carbohydrates</b>	<b>Protein</b>	<b>Friut and Veg</b>	<b>Dairy</b>	<b>Fats and Sugars</b>
bread rice potatoes oats	eggs chicken beef fish chickpeas nuts	dates banana berries tomatoes aubergine	milk cheese laban yoghurt	honey butter oil biscuit cake

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