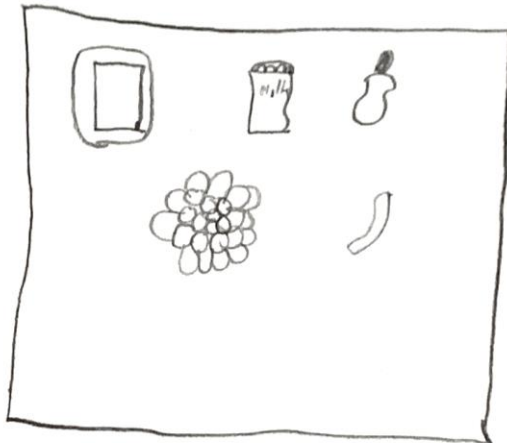


Name.....*Jaey*.....  
 Class.....  
 School.....

**Can you design your own healthy and balanced lunchbox.**

**Diagram**



**List of ingredients**

- Milk
- Grapes
- Sandwich ham
- Apple
- Banana

**Match the food groups to the correct description**

**Protein**

**Food for energy. Starch and Sugar**

**Carbohydrates**

**Food rich in calcium to help develop bones**

**Milk and Dairy**

**Full of Vitamins and Minerals**

**Fruit and Vegetables**

**Food for growth to develop muscle cells**