
Nutrition Month 2021

Plan a healthy meal

Think about a healthy meal that you could share with your family. What do you have at home? What do you need to buy? Make a shopping list.

My shopping list:	
_____	_____
_____	_____
_____	_____

What happened first?

Make a recipe card for your healthy meal. Fill in the card.

Recipe name: _____	
Draw a picture of your recipe:	What you need: _____ _____ _____ _____ _____
What you do: _____ _____ _____ _____ _____ _____ _____	