

WHAT CAN WE DO WITH



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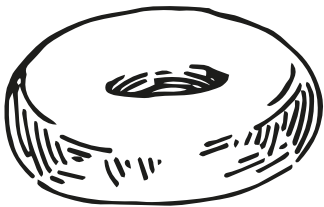


WORKSHEET 1

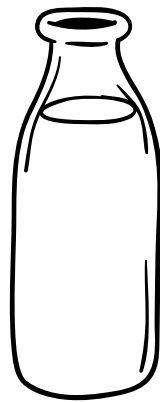
THE BIG BREAKFAST TABLE

A healthy diet is a colourful diet. Every day, we should aim to eat the rainbow – that means a mix of carbohydrates, protein, fats, vitamins and minerals. Try to include some of them with your breakfast.

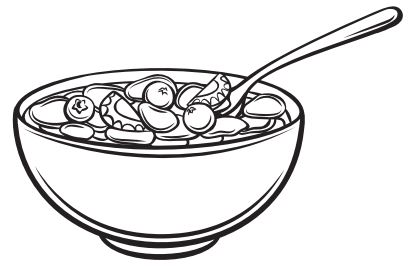
Can you **colour** in the different breakfast foods below?



BAGEL



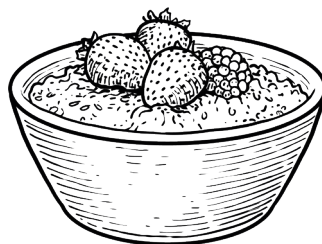
MILK



CEREAL



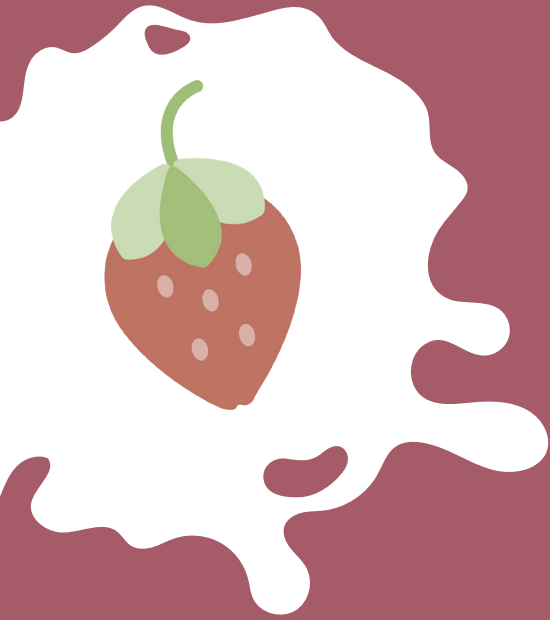
FRUIT



PORRIDGE



BEANS



WORKSHEET 2

SMOOTHIES!

Milk can be used in lots of delicious foods and can be made into tasty drinks like smoothies. It tastes even better when you get creative with the recipe!

Fill in the bubble box with your favourite ingredients and **colour** in the smoothie below!

