



# Mealtime



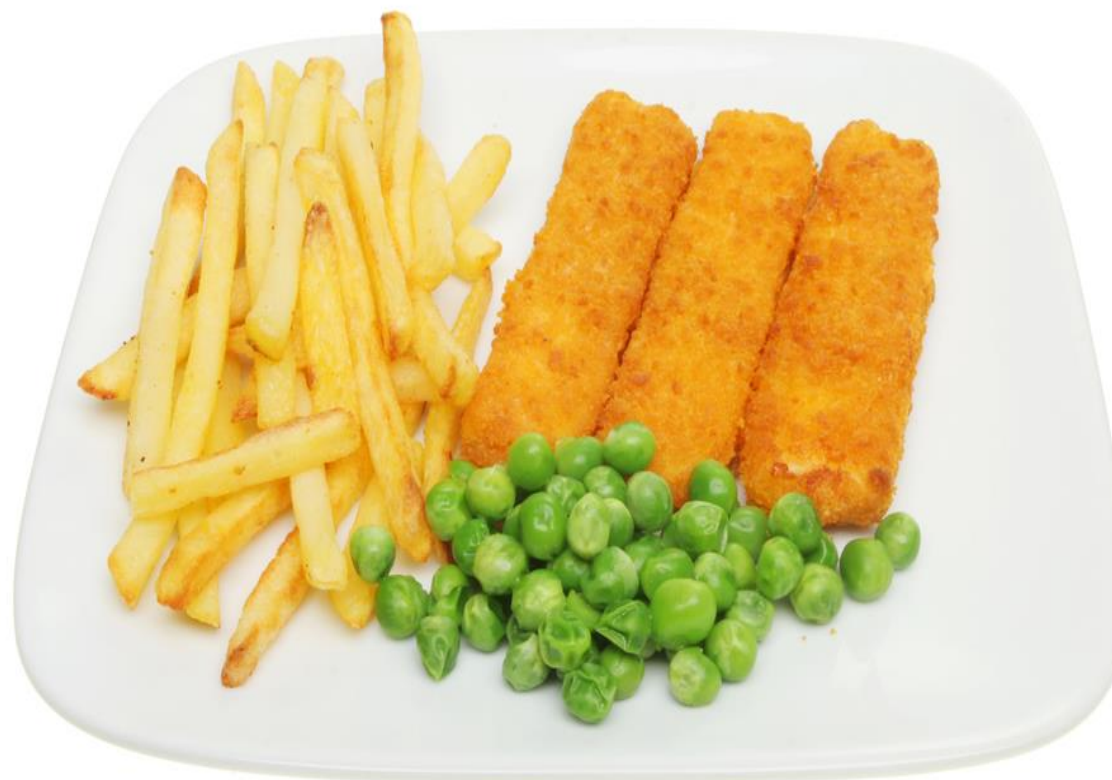
## Mealtime

Would you have the food or meals in these pictures for your breakfast, lunch, evening meal or as a snack?

Can you explain why?

Would you add anything to the food or meals to make them healthier?

# Fish fingers, chips and peas



# Porridge with banana



# Tuna and sweetcorn baked potato, salad and water



# Muesli, pear and orange juice





# Spaghetti bolognese



# Bagel with soft cheese and milk





# Crumpet



# Cheese and salad roll, apple and grapes



# Beans on toast and cucumber



# Vegetable pizza, salad and water



# Banana





# Yogurt





# Mealttime



For further information, go to:  
[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)