

Year 6

Activity 6b



Write each of the ingredients listed in the recipe below in the correct sections of the Eatwell Guide. Once complete, try to answer the questions at the bottom of the sheet

Recipe: *Pasta in Tomato and Roasted Vegetable Sauce.*

Ingredients:

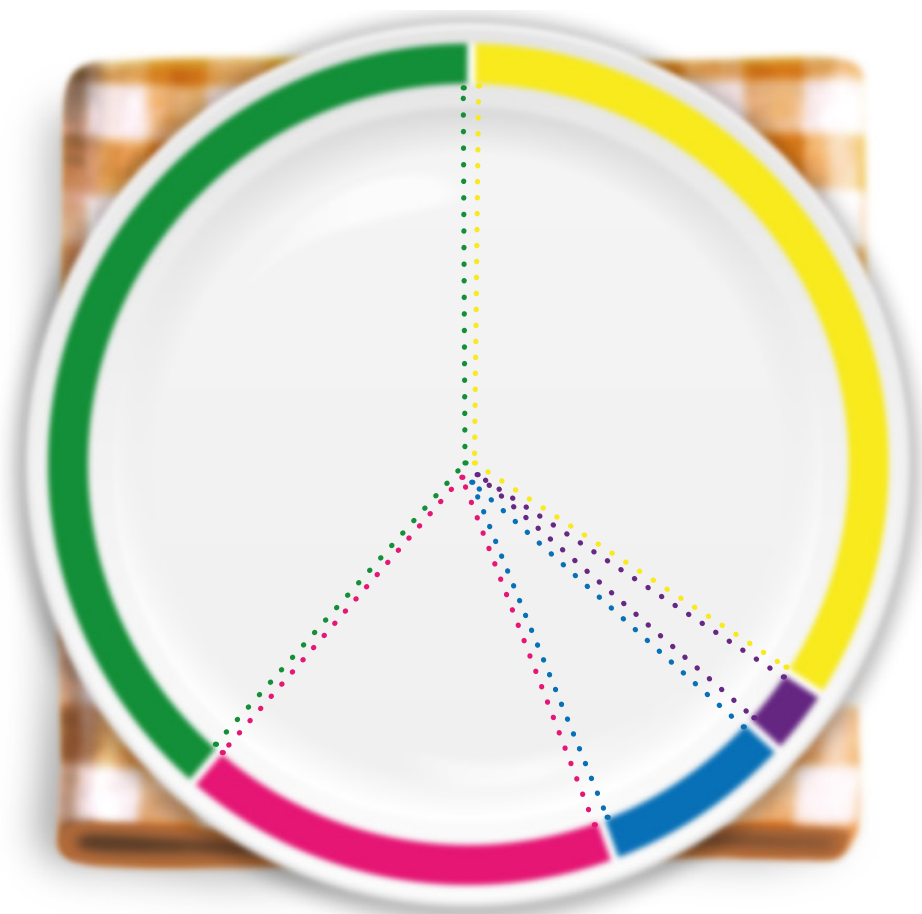
Mixed Peppers
Chickpeas

Carrots
Pasta

Courgettes
Lentils

Herbs
Onions

Pepper
Chopped Tomatoes



Do you think this meal is healthy and balanced?

What important section of the Eatwell Guide is missing from the recipe?

What food or drink from the important missing section could you have with this meal?

.....