

Contents

Contents	3
Introduction	4
INTRODUCTION — 5 minutes	5
FOOD GROUPS — 20 minutes	5
Fruit and Vegetables	6
Starchy Foods	6
Dairy or Dairy Alternatives	7
Protein	7
Fats and Oils	7
HEALTHY DAILY MENU — 15 minutes	8
Breakfast	8
Lunch	8
Dinner	9
Supper	9
MY HEALTHY EATING MENU — 15 minutes	9
HANDOUT 1	10
Food Groups	10
Starchy Foods	11
Dairy or Dairy Alternatives	11
Protein	11
Fats and Oils	12
HANDOUT 2	13
Healthy Eating Menu	13
Contact Us for Resource Packs and Services	14