



My suggestions for school meals

Name _____ Class _____

The caterers (the people who plan, prepare and cook school meals) at school really want your ideas for new, different and healthy school meals. We've already put a suggestion in each group to give you ideas!

	New Food idea	Why is it healthy and why would you like it?
MAIN COURSES	<p>Grilled lemon chicken and baby tomato kebab, sliced golden baked potatoes, mixed green salad</p> <p>Your idea</p>	<p>Grilled chicken has little fat, the lemon juice tastes good. Mini tomatoes are sweet and very good for you. Baked potatoes and salad are very healthy</p> <p>Your Idea</p>
PUDDINGS	<p>Apple balls - Choux pastry filled with apple</p> <p>Your idea</p>	<p>The choux pastry has cereal and is light. The apple will count as fruit</p> <p>Your Idea</p>
DRINKS	<p>Sparkling kiwi flavoured water</p> <p>Your idea</p>	<p>No sugar only fruit but sparkling makes a change</p> <p>Your Idea</p>