

A healthy picnic with Seeds

Name: _____

Seeds loves to eat healthy food, even when he is out having fun. Can you design Seeds a healthier sandwich for his picnic? You must carefully plan what food choices to make. Using the picnic baskets below, choose food from at least 3 of the different food groups to make Seeds a healthy sandwich. Draw your food choices on the picnic blanket worksheet.

Meat, fish and alternatives



Chicken
Sausage
Egg
Bacon

Fats/spreads



Butter
Healthy spread
Salad dressing
Mayonnaise

Dairy



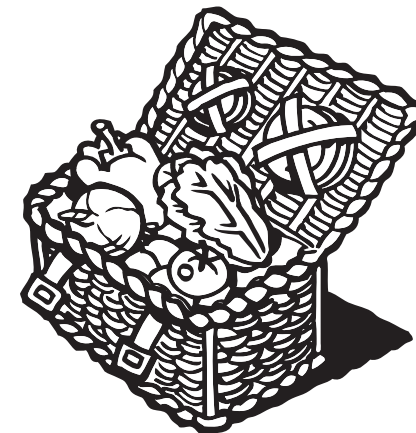
Cheese
Low fat cheese
Cheese triangle

Bread



Brown bread
White bread
Brown pitta
White baguette

Fruit/vegetables



Tomato
Lettuce
Red pepper
Onion

Think about the food you have chosen.

Can you write down why you have made these choices?

Is it because they are healthier, tastier or contain lots of vitamins?

Choice 1

Choice 2

Choice 3

Any others?