






Name: ..... Form: .....

Based on pages 4 and 5 of *Food, teeth and eating*



# What is in a meal?

Try this...

1. Collect a picture of a meal.
2. Write down the name of the meal.  .....
3. Write down where in the world the meal comes from.  .....
4. Write down the names of the foods that you can see in the meal.



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5. Collect a picture of a second meal.
6. Write down the name of the meal.  .....
7. Write down where in the world the meal comes from.  .....
8. Write down the names of the foods that you can see in the meal.

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9. Collect a picture of a third meal.
10. Write down the name of the meal.  .....
11. Write down where in the world the meal comes from.  .....
12. Write down the names of the foods that you can see in the meal.

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**Looking at the results.**

13. Write down the names of any foods that you find in all three meals.

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14. Write down the names of any foods that you find in only two of the meals.

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