



Name: Form:

Based on pages 10 and 11 of *Food, teeth and eating*

How healthy is your lunch?

Try this...

1. Ask the people in a class to show you the food they are having for lunch.
2. Look at the different parts of each meal and put ticks for each part in the correct column in the table.
3. You may fill in the name of each person in the first column, or you can leave it blank and just use the number.

Name	Cereals Potatoes	Fruit Vegetables	Meat, eggs Dairy products	Fats Sugars
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Looking at the results.

4. Who ate healthy meals? Write the names or numbers here.



5. Who ate unhealthy meals? Write the names or numbers here.



6. How many meals were healthy out of the total?

