

Home meals made during lockdown

The picture below shows a breakfast cooked for an adult during the lockdown period.



Changes to be made

1. **State** one change you would make if you were giving this meal to a **young child**.

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2. **Name** the foods you would have to remove if you were giving this meal to a **vegetarian**.

.....

One meal you have eaten during lockdown

Add a picture/ photo or food wrapper of a favourite meal you have eaten during lockdown.

Frying was the main cooking method used for the breakfast. This makes it unhealthy. **Name** different cooking methods that could be used to cook the foods listed below.



Frying sausages change tosausages.

Frying eggs change to eggs.

Tick ✓ three foods that would provide the adult with **protein**.

Sausages	Bacon	Potatoes	Tomatoes	Mushrooms	Eggs	Beans

1. **Circle** when your favourite meal was eaten

Breakfast morning snack lunch teatime dinnertime

2. **Tick ✓ two** statements that could **describe** your meal

Colourful	Healthy	Appetising	Suitable portion size

3. State two words that would describe the texture of your meal.

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4. Describe one change to be made to improve your meal.....

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