

Australian Guide to Healthy Eating Menu Plan

1. Visit the Australian Guide to Healthy Eating website and click on the Guidelines link.
2. Using the Australian Guide to Healthy Eating as a guide, create a menu plan that includes:

Breakfast	
Morning Snack	
Lunch	
Afternoon Snack	
Dinner	
Evening Snack	
Drinks	

What did you notice about planning to make healthier food choices?
