Create Your Own Meal

Now that you have discovered all the yummy foods in your house, have looked at the Eatwell Guide and identified which of the processed foods are the healthiest - can you put it all together and create your own meal?

Remember to think about the extra things you might need to season or cook with such as salt and oils.

Try to sign off some of the skills identified on the skills passport.

Meal -	
Shopping List of Ingredients	**Cost of Each**
	Total - £