# Evaluation of Your Meal

**Well done on creating your own meal, I am sure it was delicious!  Thinking about what you did, and the methods and ingredients you used - would you do anything differently?**

| Meal - | |
|---|---|
| **What I would do differently** | **What I would use instead** |
| | |

Using the food labels from the ingredients you used, work out and create your own food label for your meal. Would it be all green or amber or is there some red in there to?

| Calories | Sugar | Fat | Sat Fat | Salt |
|----------|-------|-----|---------|------|
|          |       |     |         |      |
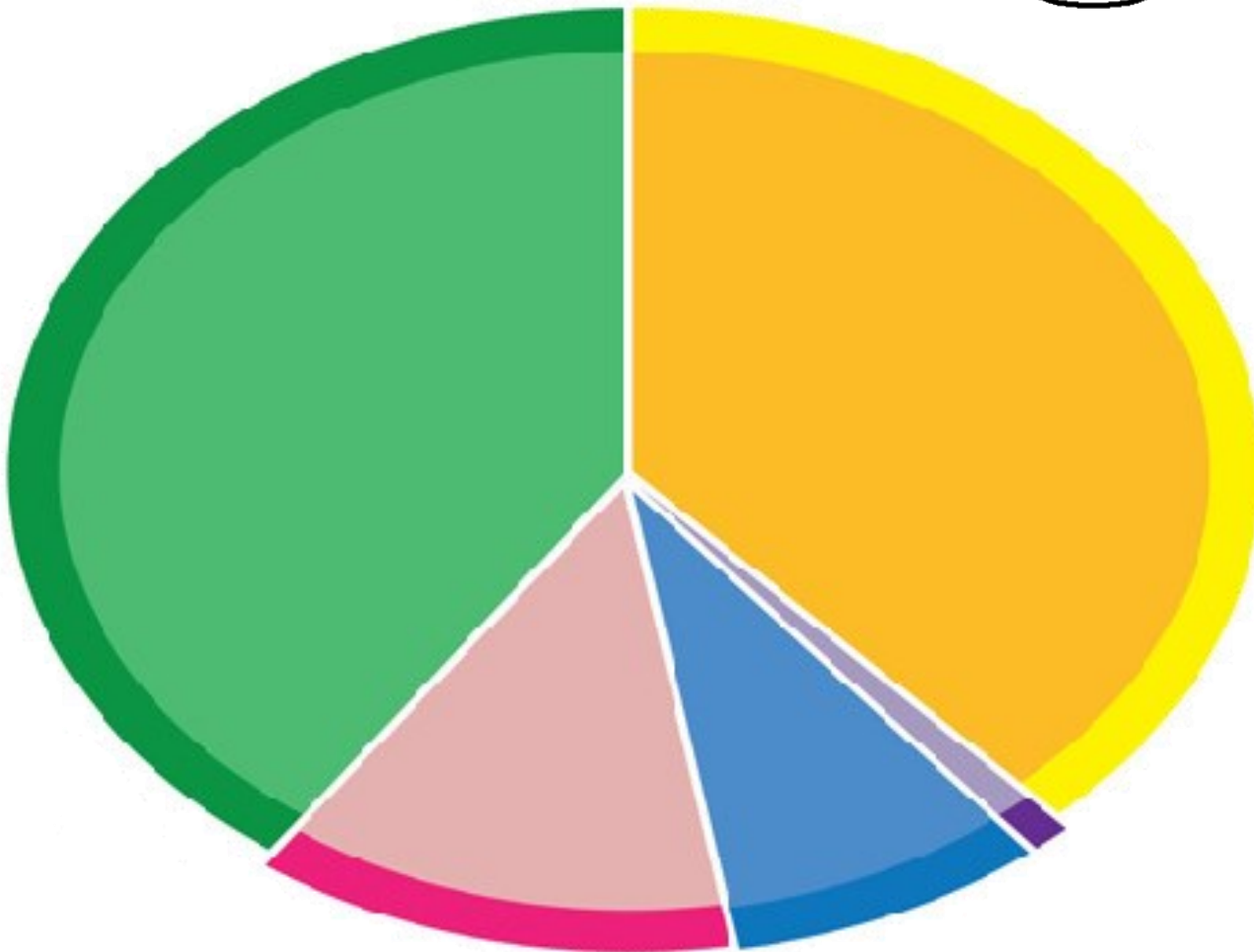
Did you create a balanced and healthy meal?

Plot all your ingredients on the Eatwell Guide plate.