



Nutrition Lesson 2 Menus

Menu for an average child

Compare the three menus below and decide which one offers the most balanced and nutritious diet.

	Menu 1	Menu 2	Menu 3
Breakfast	2 slices of bacon (1 portion)	Baked Beans	2 croissants (2 portions)
	2 slices of bread (1 portion)	2 slices of bread	Apple (1 portion)
Lunch	Tomato Soup	Chicken and sweet corn salad (1 portion chicken, 1 portion of sweet corn, 1 portion of cucumber)	Salmon and cucumber sandwich. (1 portion salmon, 1 portion cucumber and 2 portions of bread)
	Cheese Sandwich (2 slices of bread and a portion of cheese)	Banana	
Dinner	Sushi and Rice (1 portion of Sushi and 1 portion of Rice)	Burger and chips (1 portion of each)	Chicken Pasta. (1 portion chicken and 1 portion pasta)
		Chocolate and ice cream (1 portion of chocolate and 1 portion of ice cream)	
Snacks	Apple (1 portion)		1 doughnut