Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Write about your food prefences**

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1. **Design a Healthymenu for you taking into acount:**

* Including foods from the 5 food groups
* No morethan 25g of added sugar
* 5 pieces of fruits and vegetables a day
* Your preferences ( activity 1)
* **Include a fruit smoothie in your menu (IMPORTANT)**

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1. **Write the recipe of the fruit smoothie that you have included in activity 2**

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1. **Write about yourmum/ dad/ brother/ sister’s food preferences**

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