

FOOD GROUPS TABLE

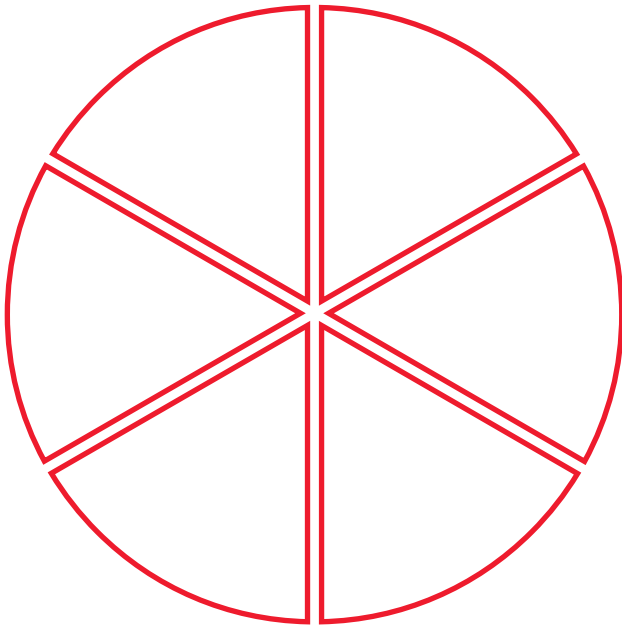


FOOD GROUPS	CARBOHYDRATES	PROTEIN	FATS	VITAMINS & MINERALS
EXAMPLES OF FOOD				
JOB IN THE BODY	Provides fuel to make energy.	Growth and repair.	Energy store if you run out of carbohydrates. Insulation.	Help vital body processes. Boosts immune system to protect you from disease.

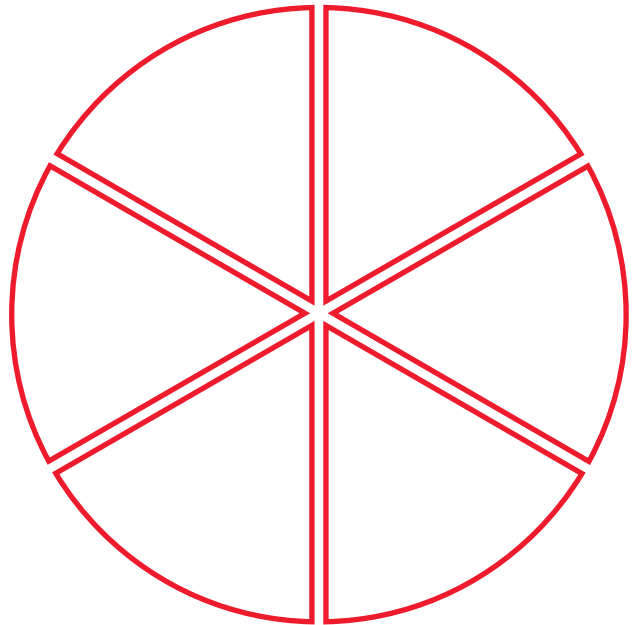


MEAL PLANNER

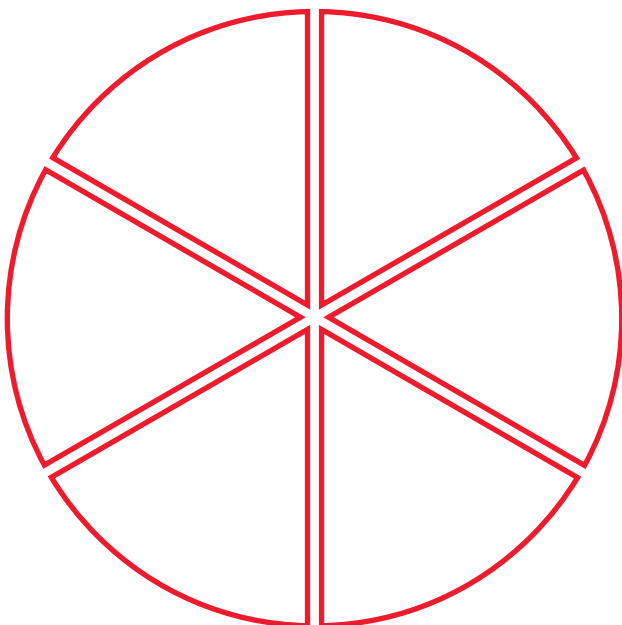
2-2-2 REPAIR MEAL



BREAKFAST



LUNCH



DINNER

PLAYER:

Explain why you have chosen the 2-2-2 meal type for your player. Use the sentence starters below:

Our player is

We chose the 2-2-2 meal type because

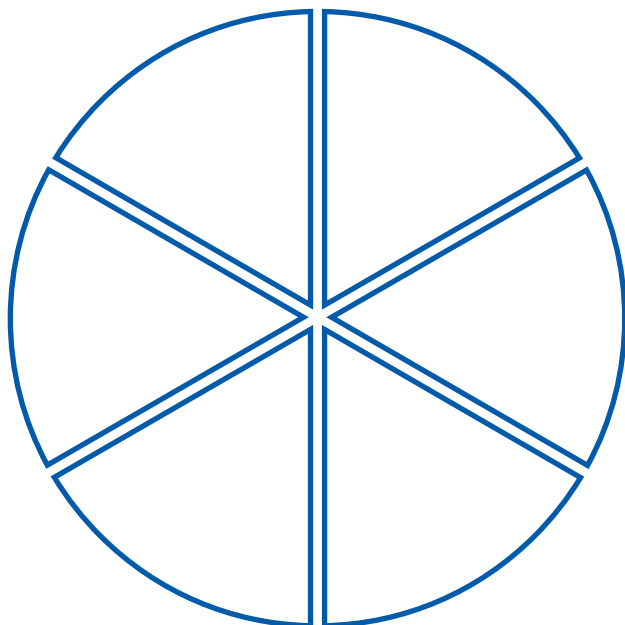
Explain your food choices for either breakfast, lunch or dinner? Use the word bank to help you.

CARBOHYDRATES | PROTEINS | VITAMINS AND MINERALS
FRUIT AND VEG | ENERGY | GROWTH | REPAIR | PROTECT

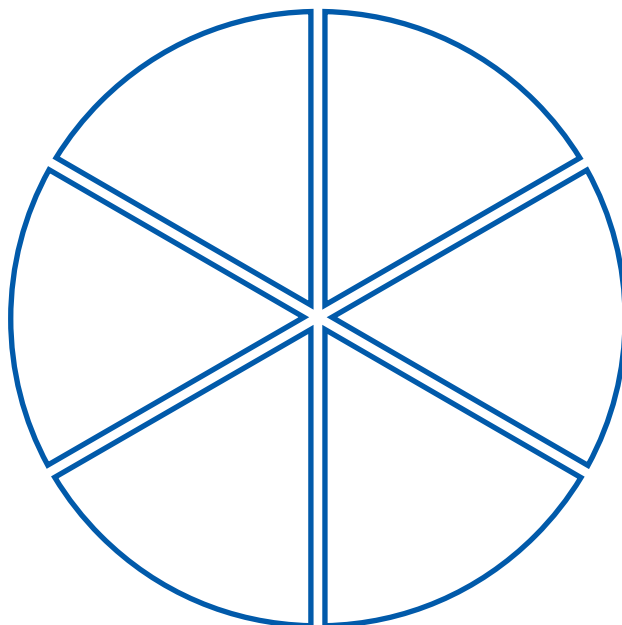


MEAL PLANNER

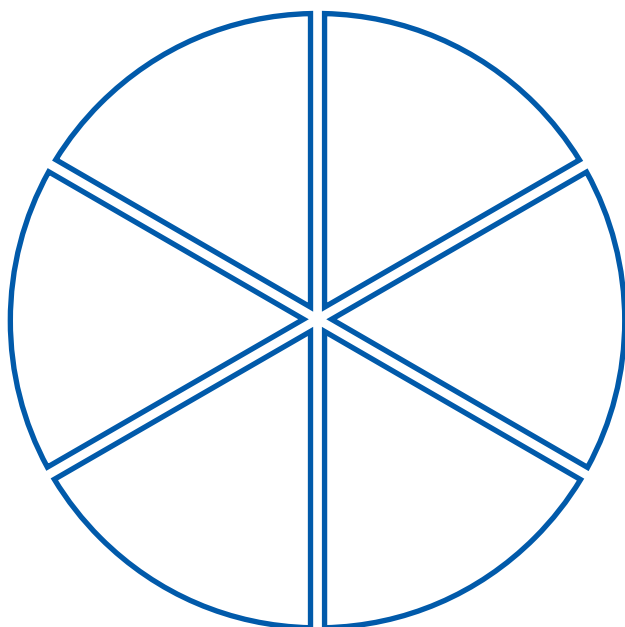
3-1-1 HIGH FUEL MEAL



BREAKFAST



LUNCH



DINNER

PLAYER:

Explain why you have chosen the 3-1-1 meal type for your player. Use the sentence starters below:

Our player is

We chose the 3-1-1 meal type because

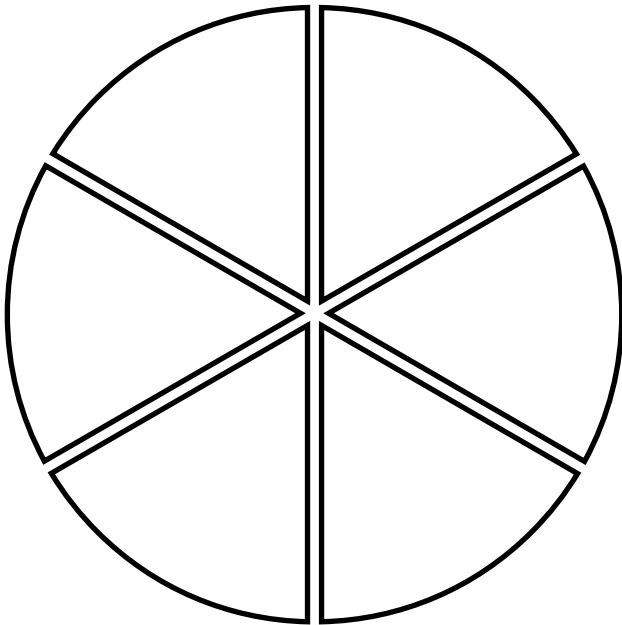
Explain your food choices for either breakfast, lunch or dinner? Use the word bank to help you.

CARBOHYDRATES | PROTEINS | VITAMINS AND MINERALS
FRUIT AND VEG | ENERGY | GROWTH | REPAIR | PROTECT

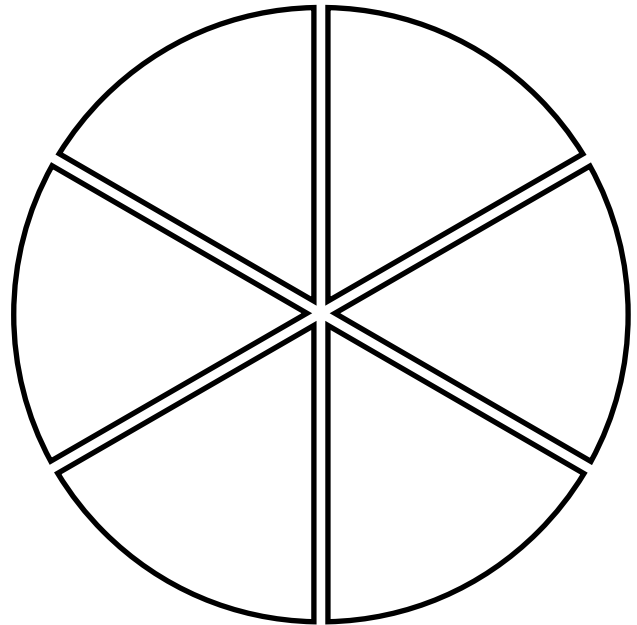


MEAL PLANNER

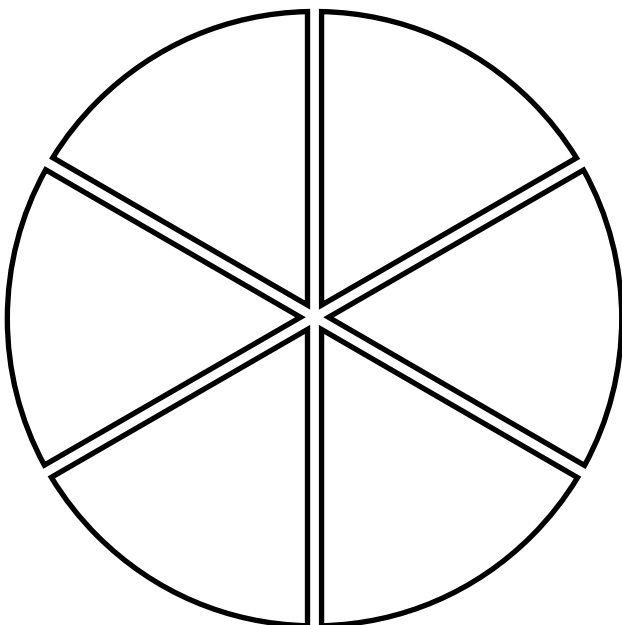
3-2-1 PROTECT MEAL



BREAKFAST



LUNCH



DINNER

PLAYER:

Explain why you have chosen the 3-2-1 meal type for your player. Use the sentence starters below:

Our player is

We chose the 3-2-1 meal type because

Explain your food choices for either breakfast, lunch or dinner? Use the word bank to help you.

CARBOHYDRATES | PROTEINS | VITAMINS AND MINERALS
FRUIT AND VEG | ENERGY | GROWTH | REPAIR | PROTECT

