

Do you
enjoy eating
School dinners?

Show us what you'd
look forward to
eating at school!

Draw a picture of five tasty main meals and
explain why healthy eating is important.

Two or three of the meals should include
lamb, beef or pork. Make sure your meals are
healthy and include a variety of ingredients.

Use this sheet to enter.



Closing
date:
3 April
2019

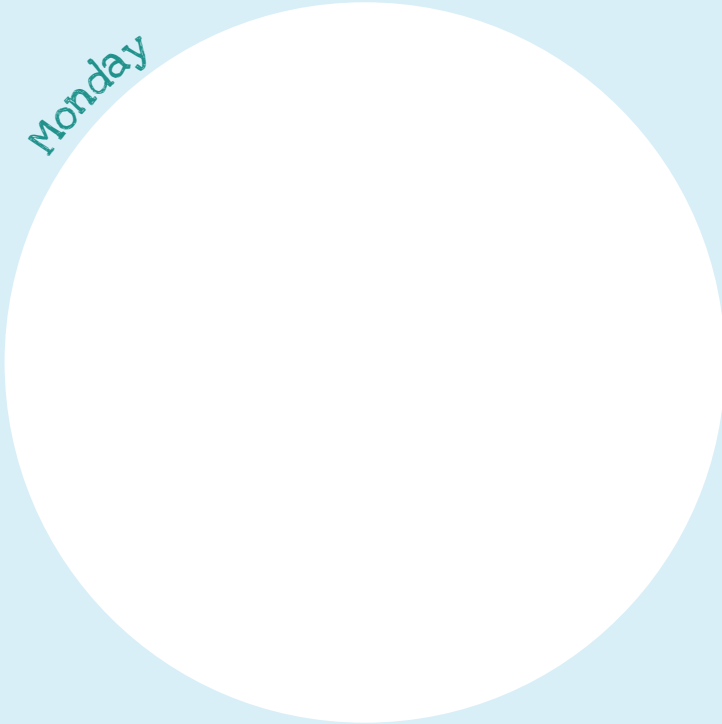
Your details

Name: _____

Age: _____

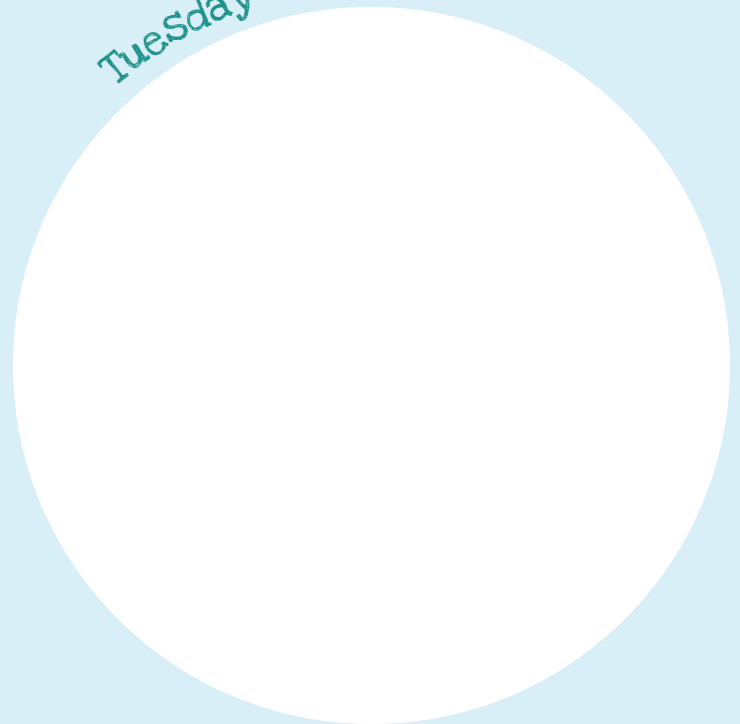
School: _____

Monday



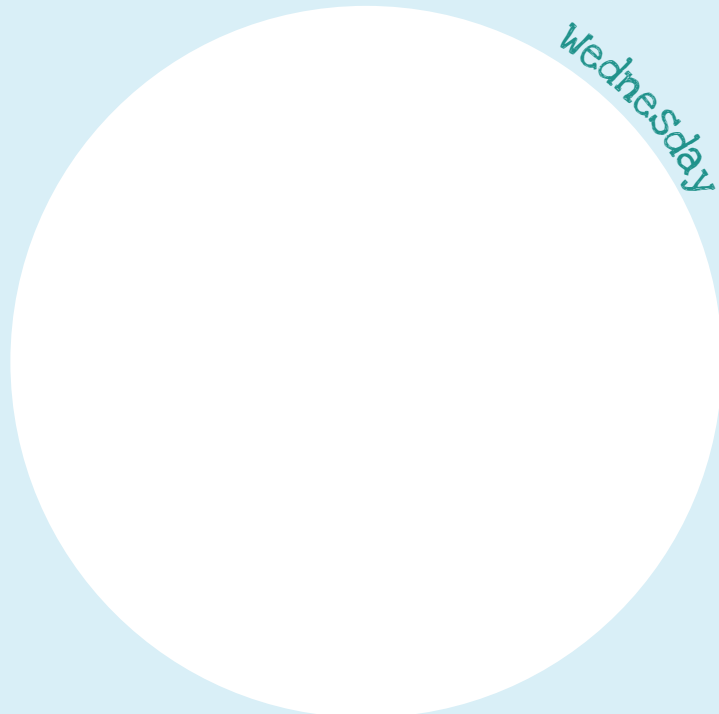
Describe your meal: _____

Tuesday



Describe your meal: _____

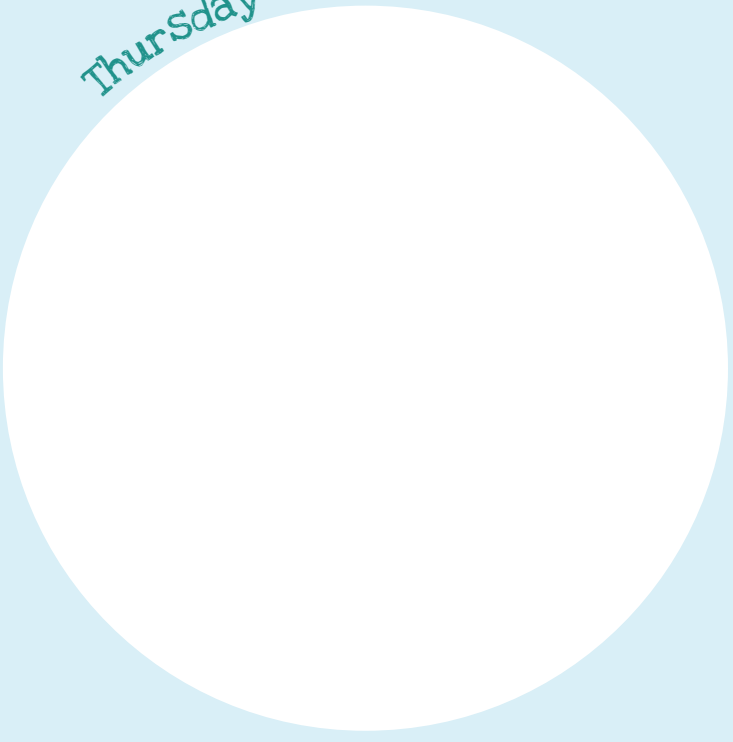
Wednesday



Describe your meal: _____

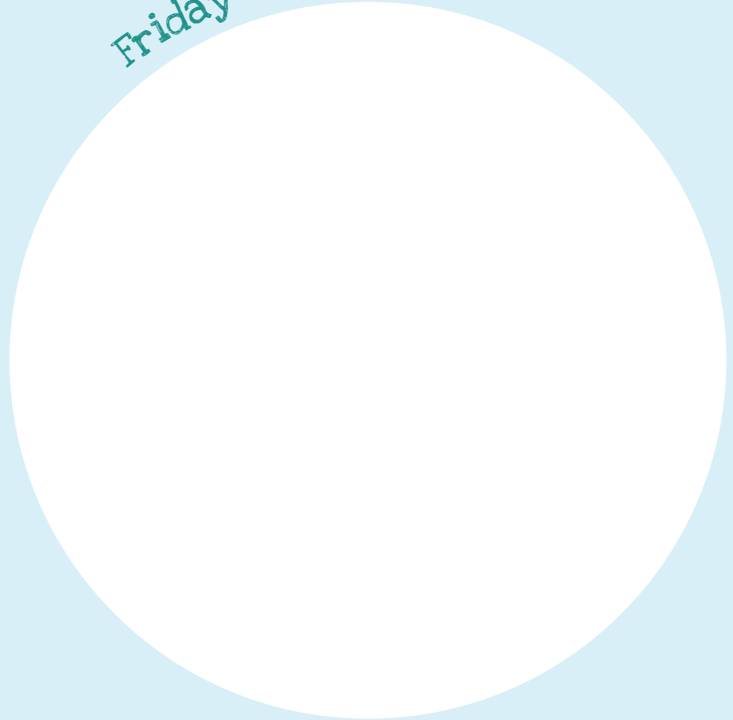


Thursday



Describe your meal:
.....
.....

Friday



Describe your meal:
.....
.....

Why is healthy eating important?

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

To compete, send this sheet to: Hybu Cig Cymru, Tŷ Rheidol, Parc Merlin, Aberystwyth, Ceredigion, SY23 3FF

