

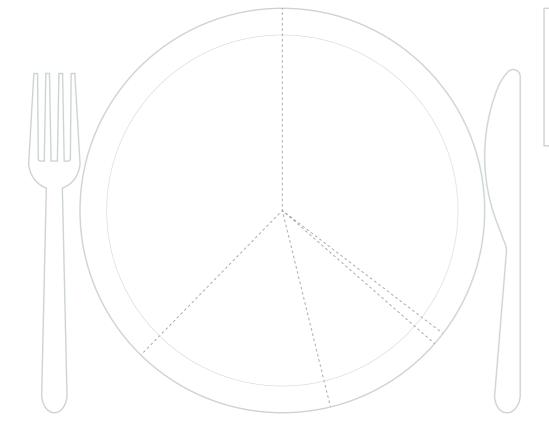
## Activity sheet My full-time plate

Name:			
	Name:		

## Design a meal for your chosen footballer.

Using the template below, write or draw the foods that will make up your meal. Remember to make sure the meal is balanced.

My chosen footballer
Name:
Club:
Country:



What drink will you
give your footballer?



## Activity sheet

## My full-time plate

carrot flavour lentils religion spinach vegetarian chickpea fruit lifestyle remind sweet vegan choice halal local rice taste water country  How have you made sure that the meal is balanced and will help your footballer to perform we word bank active/activity carbohydrate fitness healthy fats muscles training	home country:		your rootballe	r? How have you t	mought about	
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bread family juice peas spices training broccoli fish kosher potatoes spicy vegetables carrot flavour lentils religion spinach vegetarian chickpea fruit lifestyle remind sweet vegan choice halal local rice taste water country  How have you made sure that the meal is balanced and will help your footballer to perform we work word bank active/activity carbohydrate fitness healthy fats muscles training athlete choice football hydrated protein vegetables balanced dairy fruit meat sport vitamins body energy healthy milk strong water	banana	delicious	herbs	olive oil	savoury	tomatoes
broccoli fish kosher potatoes spicy vegetables carrot flavour lentils religion spinach vegetarian chickpea fruit lifestyle remind sweet vegan choice halal local rice taste water country  How have you made sure that the meal is balanced and will help your footballer to perform we work water country to the fitness healthy fats muscles training athlete choice football hydrated protein vegetables balanced dairy fruit meat sport vitamins body energy healthy milk strong water	bitter	eggs	home	pasta	sour	traditional
carrot flavour lentils religion spinach vegetarian chickpea fruit lifestyle remind sweet vegan choice halal local rice taste water country  How have you made sure that the meal is balanced and will help your footballer to perform we active/activity carbohydrate fitness healthy fats muscles training athlete choice football hydrated protein vegetables balanced dairy fruit meat sport vitamins body energy healthy milk strong water	bread	family	juice	peas	spices	training
chickpea fruit lifestyle remind sweet vegan choice halal local rice taste water country  How have you made sure that the meal is balanced and will help your footballer to perform we water country  Word bank active/activity carbohydrate fitness healthy fats muscles training athlete choice football hydrated protein vegetables balanced dairy fruit meat sport vitamins body energy healthy milk strong water	broccoli	fish	kosher	potatoes	spicy	vegetables
choice halal local rice taste water  country  How have you made sure that the meal is balanced and will help your footballer to perform we  word bank  active/activity carbohydrate fitness healthy fats muscles training athlete choice football hydrated protein vegetables balanced dairy fruit meat sport vitamins body energy healthy milk strong water	carrot	flavour	lentils	religion	spinach	vegetarian
How have you made sure that the meal is balanced and will help your footballer to perform we would be a sure that the meal is balanced and will help your footballer to perform we would be a sure that the meal is balanced and will help your footballer to perform we would be a sure that the meal is balanced dairy fruit meat sport vitamins body energy healthy milk strong water	chickpea	fruit	lifestyle	remind	sweet	vegan
How have you made sure that the meal is balanced and will help your footballer to perform we word bank  active/activity carbohydrate fitness healthy fats muscles training athlete choice football hydrated protein vegetables balanced dairy fruit meat sport vitamins body energy healthy milk strong water	choice	halal	local	rice	taste	water
Word bank active/activity carbohydrate fitness healthy fats muscles training athlete choice football hydrated protein vegetables balanced dairy fruit meat sport vitamins body energy healthy milk strong water	country					
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balanced dairy fruit meat sport vitamins body energy healthy milk strong water	Word bank					
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	active/activity athlete	choice	football	hydrated	protein	vegetables
	active/activity athlete balanced	choice dairy	football fruit	hydrated meat	protein sport	vegetables vitamins