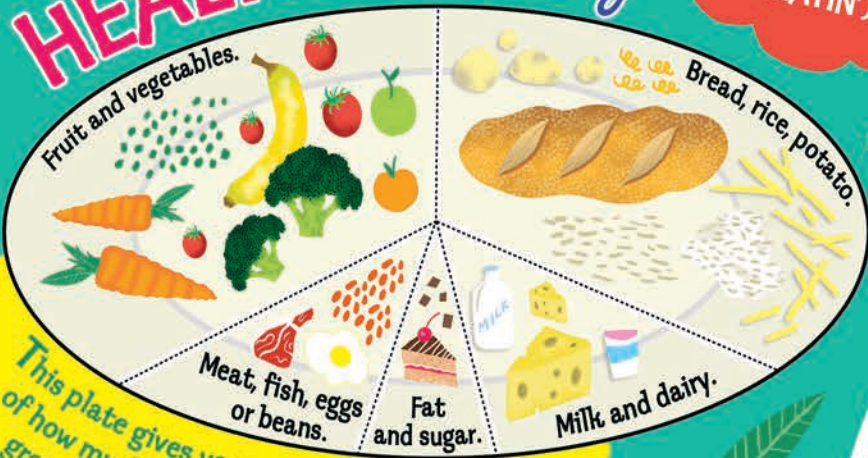


HOW TO START

HEALTHY eating

(NO CHEATING)



This plate gives you an idea of how much of each food group you should eat to make sure you have a healthy, balanced diet!



Reg the Veg

When tomatoes grow they start off green, then turn orange and finally go red when they are ripe enough to eat. How many ripe tomatoes can you see?



RAINBOW FOOD!

It's good to eat foods in a variety of colours because they contain different nutrients and vitamins. These help our body to grow and stay strong.

Yellow food can be good for your brain!

Join the dots on the pineapple!

Green food can help to keep bones strong!

Unscramble the letters!
Which type of veg is this?

White food can help fight infections!

Draw a mushroom!

Orange food can be good for your eyes!

Colour the eyes and carrot!

How many hearts? ●

How many strawberries? ●

Red food can be good for your heart!

Can you solve the plum sums?

$2 + 7 =$

$9 - 4 =$

$10 \times 2 =$

Purple food can help protect against pain!

FACT!

CUCUMBERS ARE MADE UP OF 96% WATER!

My favourite food is: _____

COLOUR HEALTHY VALLEY

Honeybees are very important because they pollinate all sorts of fruit and vegetables, helping them to grow!

Citrus Sun



STRAWBERRY HILL

Apple Alps

Pear Peak

MUSHROOM MOUNTAIN

VEGGIE FOREST

Fruit Juice River

CABBAGE PATCH

Always make sure you drink plenty of water to keep your body running smoothly!


BIRCHWOOD PARK
GOLF & COUNTRY CLUB

KIDS MENU £4.95

Includes Main, Side, Dessert & Drink
(Choose one item from each section)

Main:

- Cumberland Sausage
- Quorn Sausage
- Cheese Omelette
- Breaded Chicken Strips
- Beef Burger
- Chicken Burger
- Mini Battered Cod Fillet

Side:

- Vegetable Sticks
- Peas
- Baked Beans
- Chips

Add an extra side for 50p

Dessert:

- Fruit Pot
- A Wall's™ Mini Milk Ice Lolly
(Strawberry or Vanilla)

Drink:

- Radnor Fruit Still 200ml
(Orange, Apple or Forest Fruits)

All our dishes may contain traces of nuts and other allergens. Please advise your server if you have any allergies. Full written allergy and intolerance information is available.