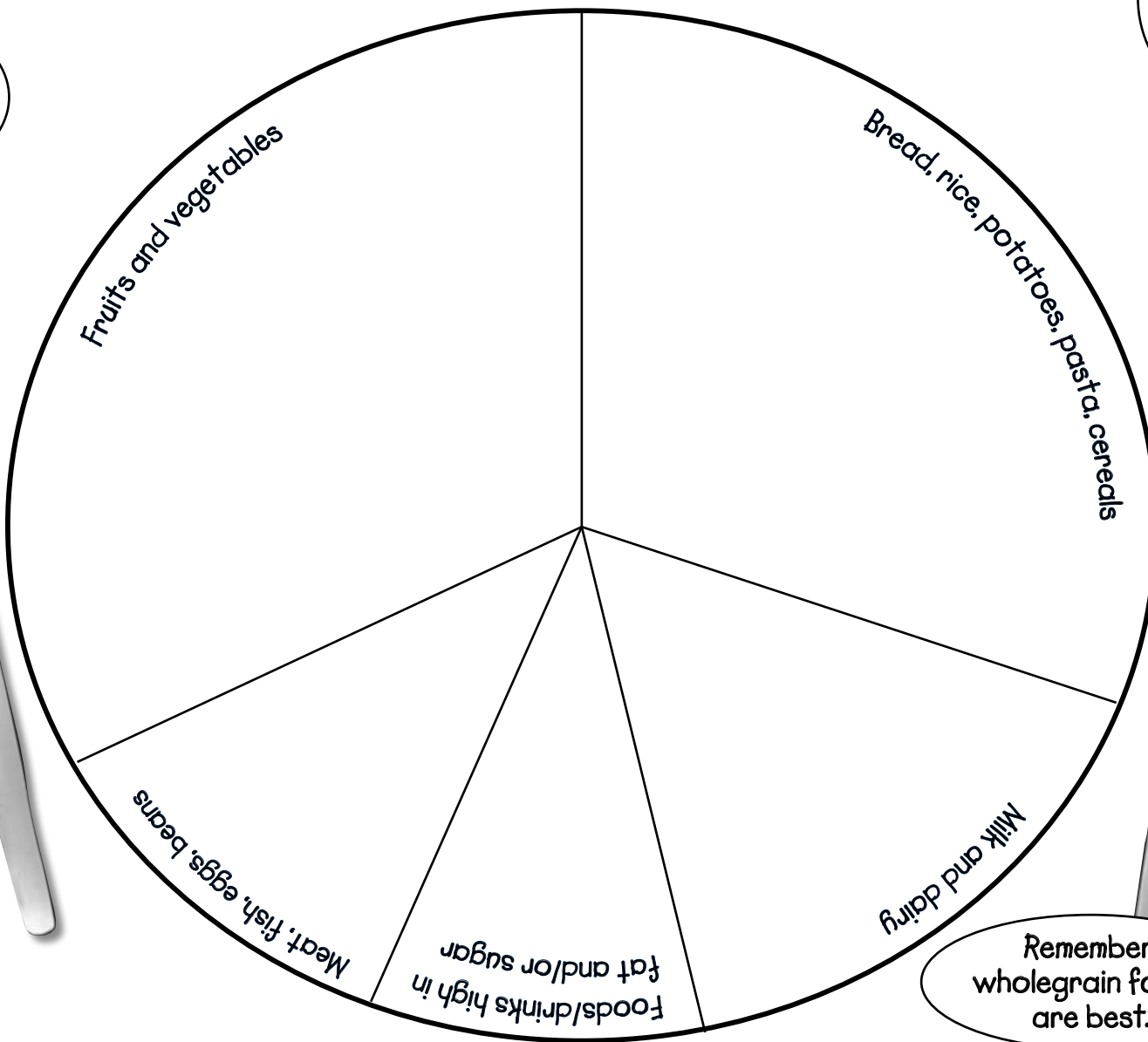


Plan a HEALTHY meal

Can you plan a healthy balanced meal for Olivia?



Make sure you have the right amount of each food group.



Remember, wholegrain foods are best.

