



WWW.BRAMLEYKIDS.COM - BRAMLEY APPLE EDUCATIONAL WEBSITE

Homework sheet

What proportions of the different food groups should we eat in a week? If you need to remind yourself go to www.bramleykids.com.

Produce a week's worth of menus for a varied and balanced diet.

Day	Breakfast	Lunch	Dinner	Snacks
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Monday				
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Tuesday				
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Wednesday				
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Thursday				
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Friday				
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Saturday				
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Sunday				
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