

THE NUTRITION HONOUR WORKSHEET



NAME:
LEVEL:
CLUB:
CONFERENCE:

DRAW AND EXPLAIN THE HEALTHY EATING GUIDELINE FOR YOU COUNTRY:

LIST THE NUMBER OF SERVINGS REQUIRED FOR ADULTS:

LIST THE NUMBER OF SERVINGS REQUIRED FOR CHILDREN:

PLAN A TWO-DAY MENU FOR A LACTO-OVO, USING YOUR COUNTRIES HEALTHY EATING GUIDELINE:

DAY ONE
BREAKFAST:

LUNCH:

DINNER:

DAY TWO
BREAKFAST:

LUNCH:

DINNER: