

## Remembering the Eatwell Guide from last week, can you cook a balanced meal at home with your parent or carer?



For some ideas and recipes, follow this website below.  
<https://cookandeatwell.co.uk/recipes>

Take a photo of your meal and tweet it using the hashtag #MoveandLearn. Don't forget to include your club twitter handle so we can see your meal.

Instead of going shopping for your ingredients, can you use what you already have in the cupboards at home to make balanced meals for your family?

Tell us what you made and how you made it, or take a photo and bring it to school next week to show the class.

