


Kathy and Dad

Eat varied and nutritive foods



What a long day Dad!
We worked so hard at
school, I'm starving.

When we get
home, we'll make
some delicious
bean and
potato soup.

AGAAAIN?

**BUT WE HAVE
THE SAME THING
EVERY DAY!**

Kathy, don't be so
ungratefull! I make soup
everyday so you don't go
hungry. Don't you see that
it's quite filling?

I know Dad, but just because our stomachs are full it doesn't mean that we're getting all the **VITAMINS AND MINERALS** that we need.

At school they say we should eat **meat, fish, milk, cheese, cereals, vegetables and fruits.** Anyway eating the same things all the time is boring!



You learn good things at school... you mustn't miss it...

Dad, our bodies need a varied diet.

We just need to prepare a range of different foods and use a variety of ingredients in each meal.



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