

School name _____ Teacher Name _____

Pupil name _____

Name of your milkshake! _____

Milkshake ingredients list (list all the ingredients in descending order)

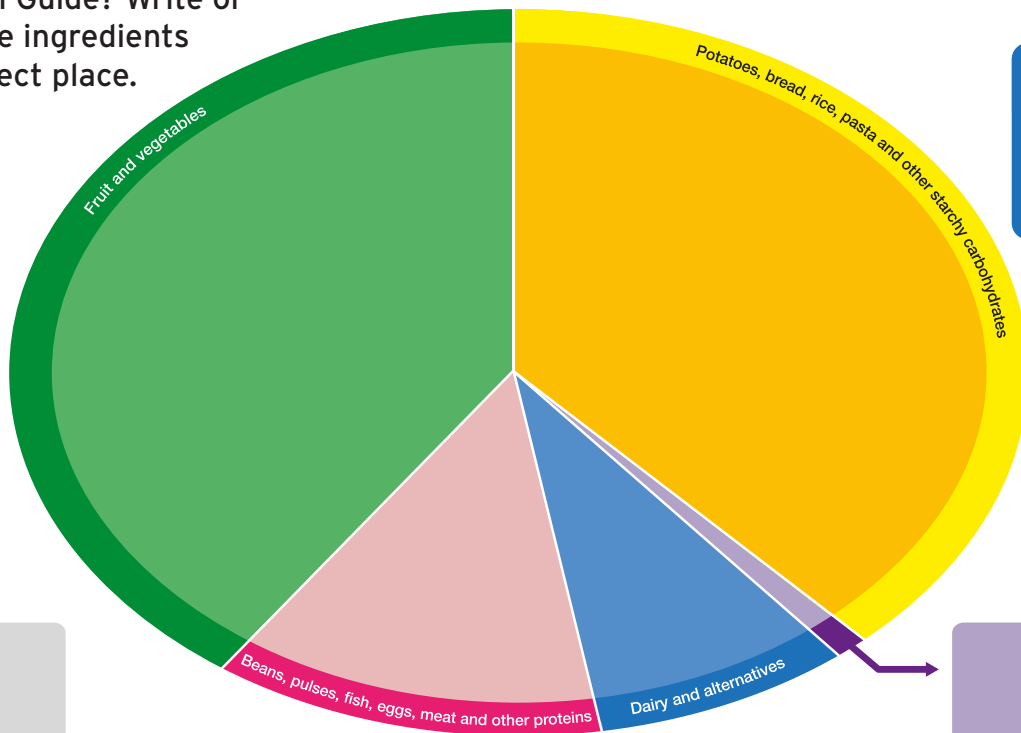
Write instructions on how to make your milkshake

Put a * next to any ingredients that are locally produced.

Equipment needed to make your milkshake

Eatwell Guide

Where do your ingredients fit on the Eatwell Guide? Write or draw all the ingredients in the correct place.



Eat less often and in small amounts

Oil & spreads