

URSTRONG

Food Friend-o-meter Activity Planning

Below the Friend-o-meter draw the food items that you are going to use to create your very own 'Food Friend-o-meter'. Which healthy and unhealthy foods might you use?



Healthy Friendship **Green Zone** foods:

Healthy Friendship **Yellow Zone** foods:

Healthy Friendship **Orange Zone** foods:

Healthy Friendship **Red Zone** foods: