

# FOOD AND HEALTHY LIFESTYLE



## Breakfast

Name of food: \_\_\_\_\_

1	Name:	Country of origin:	Energy:	
			Fats:	
		Kilometres to our country:	Sugars:	
			Proteins:	
2	Name:	Country of origin:	Energy:	
			Fats:	
		Kilometres to our country:	Sugars:	
			Proteins:	
3	Name:	Country of origin:	Energy:	
			Fats:	
		Kilometres to our country:	Sugars:	
			Proteins:	

## Lunch

Name of food: \_\_\_\_\_

1	Name:	Country of origin:	Energy:	
			Fats:	
		Kilometres to our country:	Sugars:	
			Proteins:	
2	Name:	Country of origin:	Energy:	
			Fats:	
		Kilometres to our country:	Sugars:	
			Proteins:	
3	Name:	Country of origin:	Energy:	
			Fats:	
		Kilometres to our country:	Sugars:	
			Proteins:	

## Dinner

Name of food: \_\_\_\_\_

1	Name:	Country of origin:	Energy:	
			Fats:	
		Kilometres to our country:	Sugars:	
			Proteins:	
2	Name:	Country of origin:	Energy:	
			Fats:	
		Kilometres to our country:	Sugars:	
			Proteins:	
3	Name:	Country of origin:	Energy:	
			Fats:	
		Kilometres to our country:	Sugars:	
			Proteins:	



Co-funded by the  
Erasmus+ Programme  
of the European Union

*In the tables describe three main parts of this food.  
Energy will be in kilojoules, fats, sugars, and proteins  
in grams per 100 g (or 100 ml)*