



Australian Government  
Australian Sports Commission

# Active After-school Communities

Helping kids and communities get active

## healthy thoughts

You have been asked to organise food for your class excursion. Your class will be away for most of the day. You will need to plan for morning tea, lunch and afternoon tea. Below create a menu of what you will serve.

### Morning tea

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### Lunch

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### Afternoon tea

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Remember to make sure you include appropriate drinks, that you check who has any food allergies, and that you need to include 2 serves of fruit and 5 serves of vegetables for the day.

