

Meal Review

It seems everyone can be a food critic these days - have a go yourself below!

What did you eat? -

Who prepared it?

What meal was it (breakfast/lunch/dinner)?

What was the best thing about the meal?

Was this a healthy meal? Why or why not?

Did you make the meal? If so, describe the steps you took below. If you didn't make it yourself, ask the person who did make it to help you explain how

Draw/take a photo of the meal

Overall rating of the meal
(colour the stars)



*Hand this to your school Children's University Australia Co-ordinator to get your passport stamped for 30 minutes.
Share your experience with the CUA community! Ask an adult to post to our Facebook page to show and tell us what you've done!*