YOU ARE WHAT YOU EAT!



**ANCIENT GREEK ATE:**

 Olives cheese dried fruit fruit **** ****

bread figs garlic onions

soups salads vegetables

wine honey

There was no sugar,

but they added honey

to sweeten their

dishes.

* Ancient Greeks never ate meat

unless it had been sacrificed to a god first.

* They used their bread to scoop up soups and as a napkin to clean their hands!

**Can you create your own Ancient Greek dish? Add drawings and descriptions.**

**A FOOD PLANNER FOR AN ATHLETE**

**The Ancient Greeks certainly knew the importance of a healthy balanced diet for their prize athletes. They knew that the food we eat is the fuel that makes our bodies work.**

**Create a food planner for an Ancient Greek athlete, making sure you have a balanced daily intake to ensure your athlete is a winner!**

**Make your choices from the selection below:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| aceitera_min.giffats | proteinspierna de pollo | carbohydratespan para colorear | cilantro para colorearvitamins andminerals | C:\Users\noelia\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\NNB6PBPT\MC900199137[1].wmfFibre |
| **Olive oil****Cheese****Nuts****milk** | **Seafood chicken****Deer****Donkey****Eggs****Cheese****Beans****Chickpeas****lentils** | **Barley****Wheat****Millet seed****Oats** | **Cabbage****Carrots****Apples****olives** | **Beans****Chickpeas****Lentils****Cabbage****figs** |

**MEAL PLANNER** 

**BREAKFAST:…………………………………………………………………………………**

**LUNCH:………………………………………………………………………………………….**

**DINNER:…………………………………………………………………………………………**

**SNACKS:……………………………………………………………………………………………**