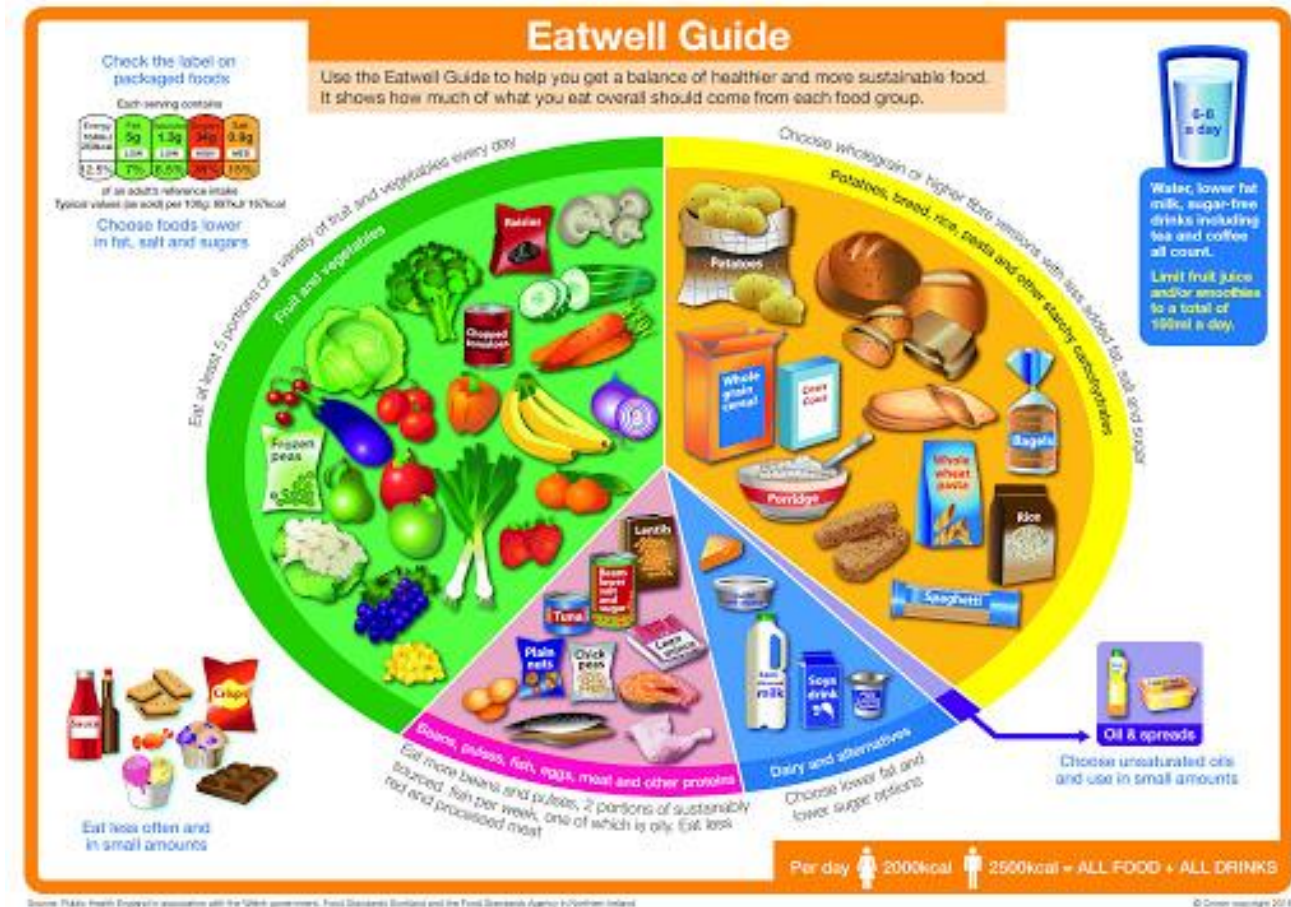


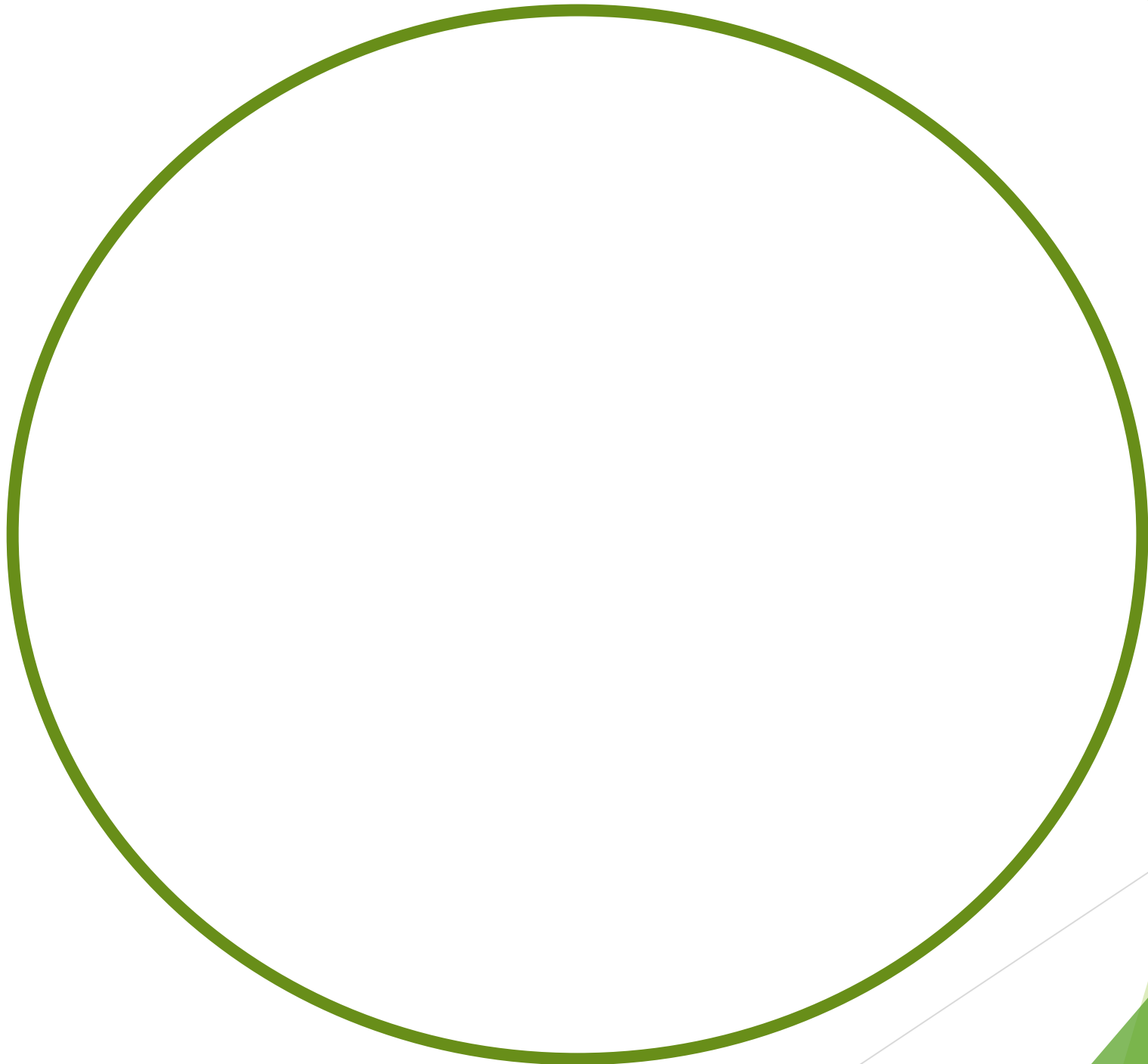
Year 7

LO: To be able to design your own
Eatwell Guide and healthy balanced
diet plan.

Task 1: Your own Eatwell Guide.

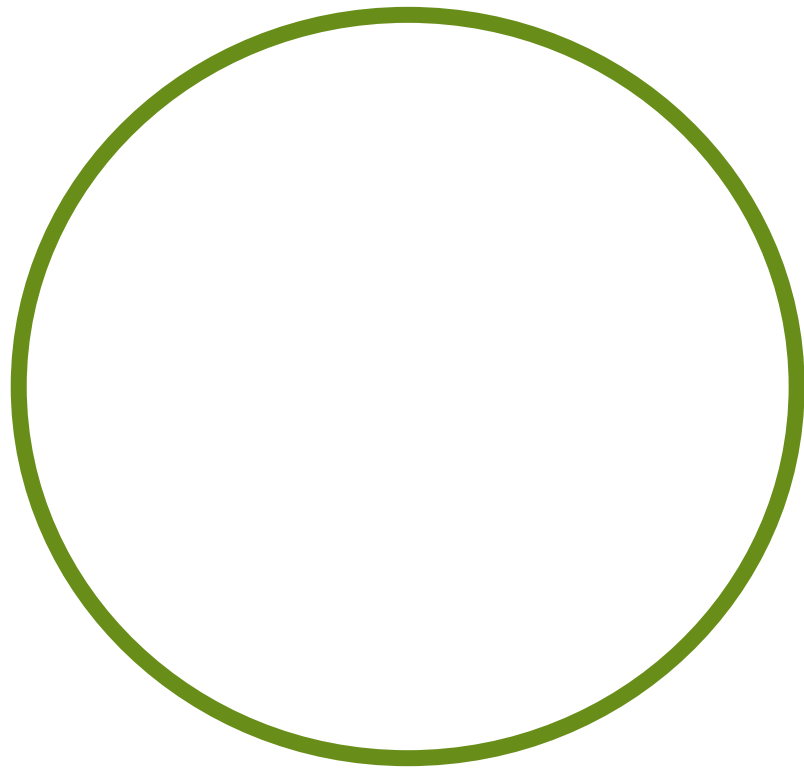
- ▶ Using the image of the Eatwell Guide, break up the circle into five sections (slide 3).
- ▶ Using your own weekly diet include what type of Carbohydrates, Proteins, Fruit and Vegetables, Dairy and Fats and Oils that you eat regularly. Your sections will be different sizes to the Eatwell Guide.
- ▶ You can either copy and paste images or draw your own using lots of colour. Remember to label your sections and the food!





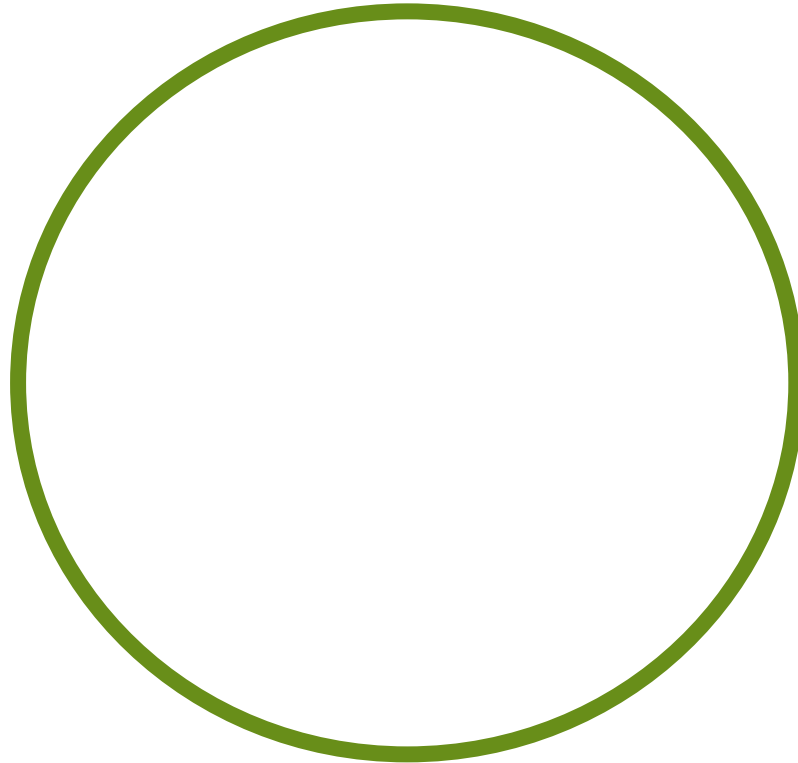
Task 2: Design your own Healthy balanced diet plan.

- ▶ Using the circles on the next slide (slide 5)
- ▶ Design your own breakfast, lunch and tea plates.
- ▶ Include carbohydrates, proteins and fats on all plates. Include side dishes and drinks.
- ▶ Label all images and what nutrient you have included.
- ▶ You can either copy and paste images or draw your own and use lot of colour!.



Breakfast

Lunch



Tea