

Heathy Eating

Choose your homework from the menu below:
The Peri-ometer suggests the difficulty or challenge the homework may offer. Have a go at each homework 😊



TASK

Design a Healthy Eating plan for a marathon runner. What are calories? How many calories will the runner need? Which foods should be included and why?

Present your research as a 7 day diet plan in a table format with columns and rows for the day, breakfast, lunch, dinner and snacks. Explain the health problems that could happen if the runner does not eat enough vitamin C, carbonydrate and protein.

Explain the health problems that could happen if a person does not get enough vitamin C, vitamin D or protein.

Present your research as fact sheet with pictures.

Explain why a growing child needs each of the 5 main food groups.

Present your research as webpage for a healthy eating website aimed at children. Also include why we should eat 5 fruits and vegetbles a day and why we should drink 8 glasses of water.

Design a poster that for primary schools to describe the 5 main food groups

Key terms that must be used

Carbohydrates, proteins, dairy, fats, sugars, fruit, vegetables