

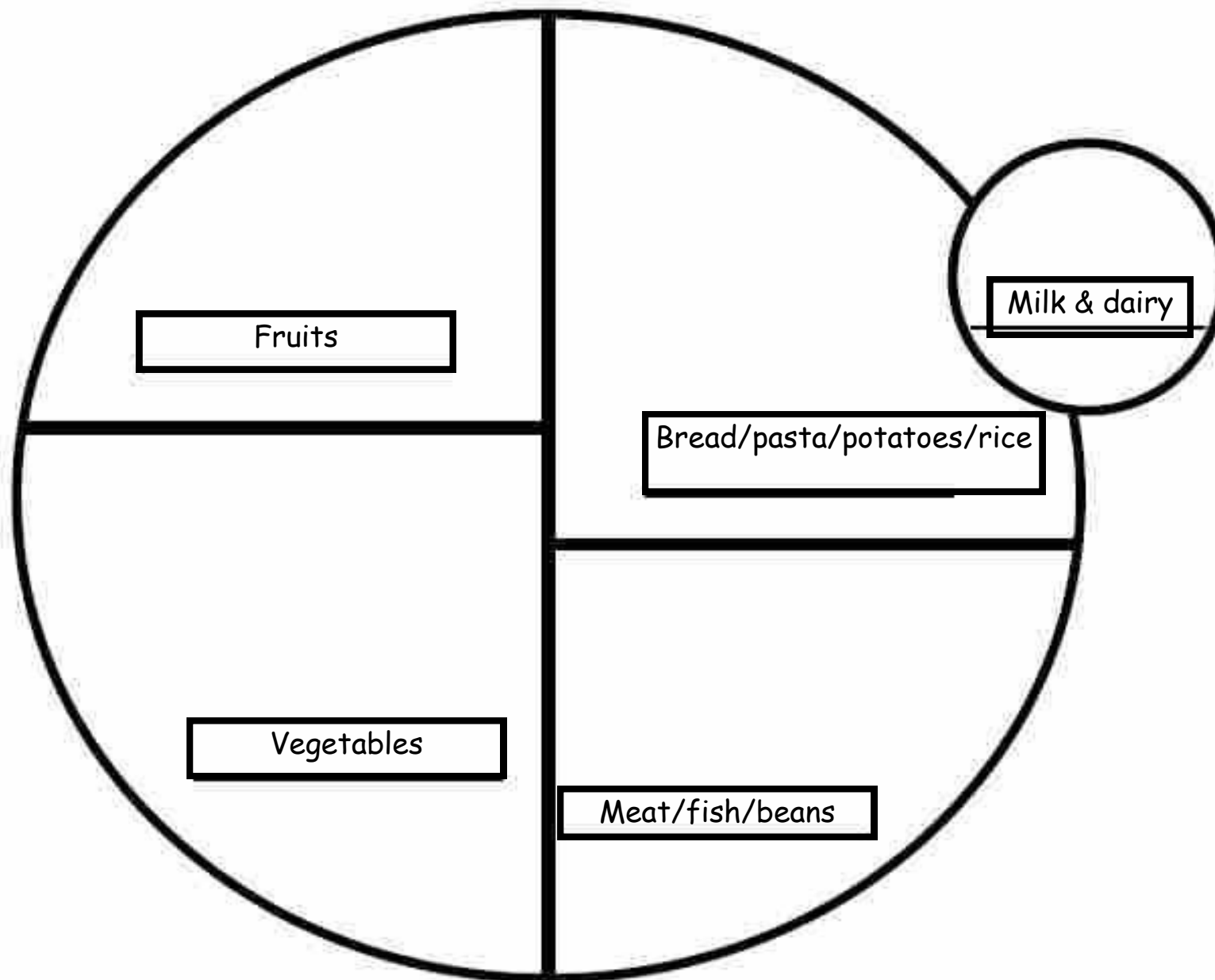
Name: \_\_\_\_\_

BLUE

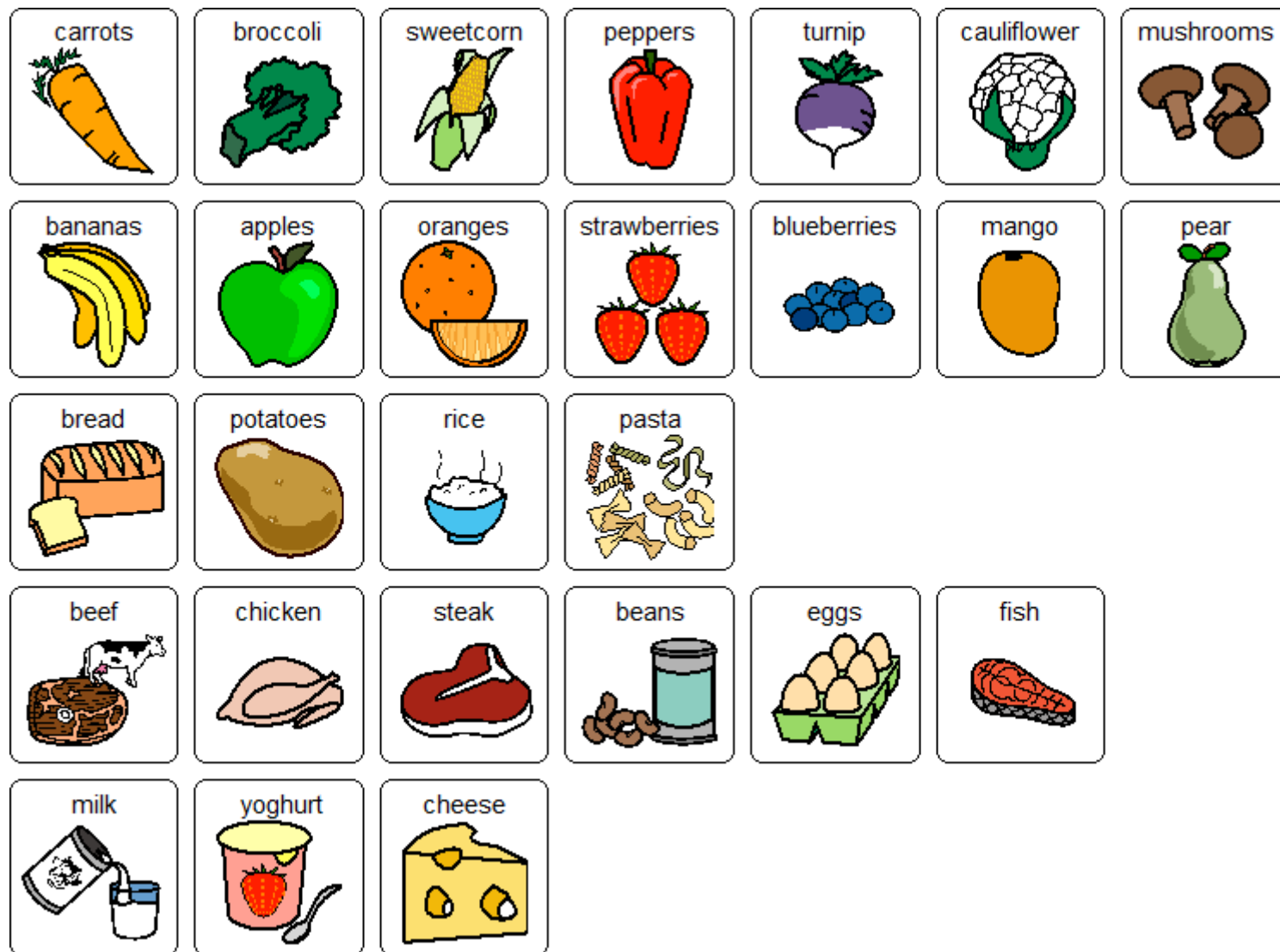
L.O: To design a healthy balanced meal



Date: \_\_\_\_\_



## Blue group



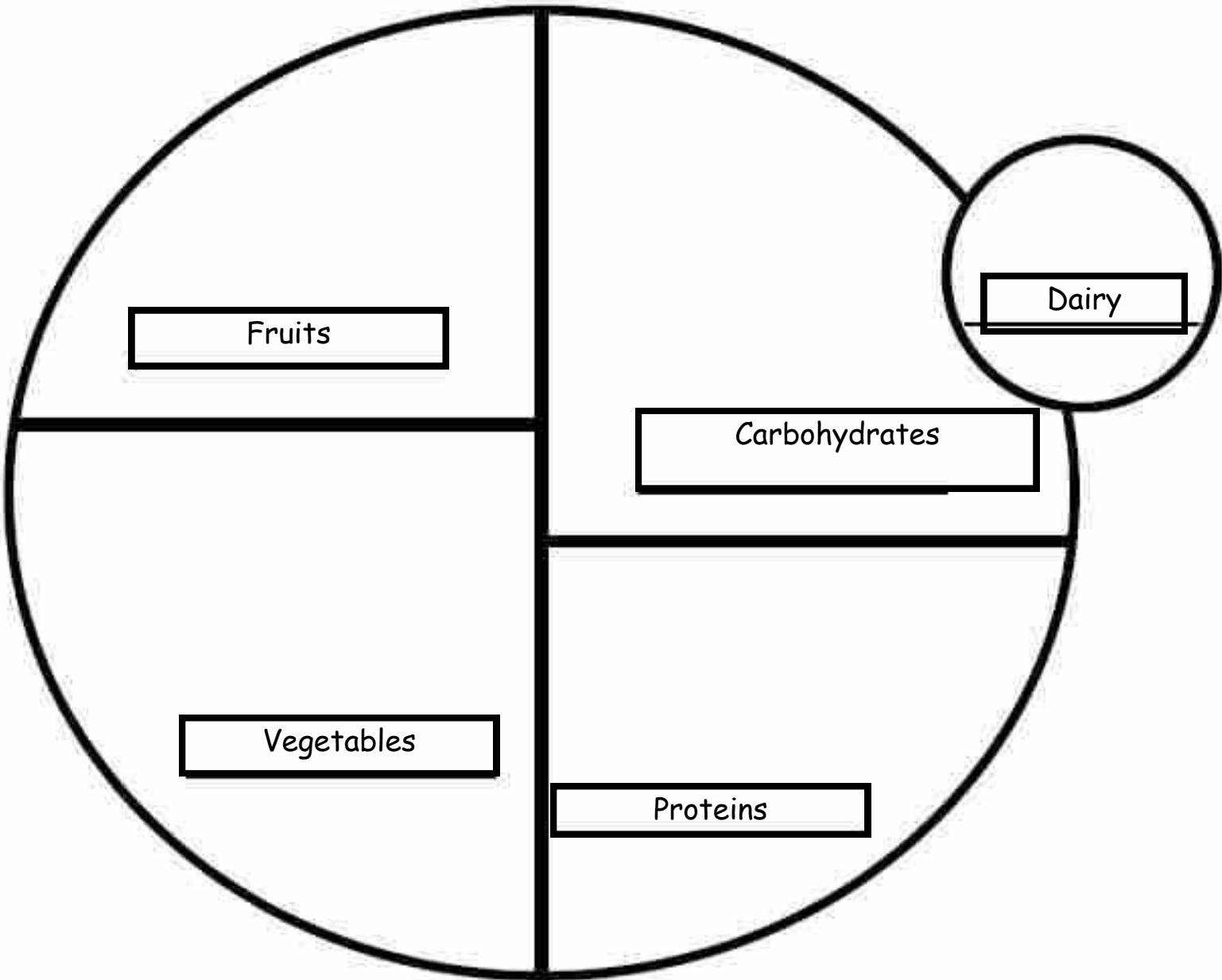
Name: \_\_\_\_\_

GREEN



L.O: To design a healthy balanced meal

Date: \_\_\_\_\_



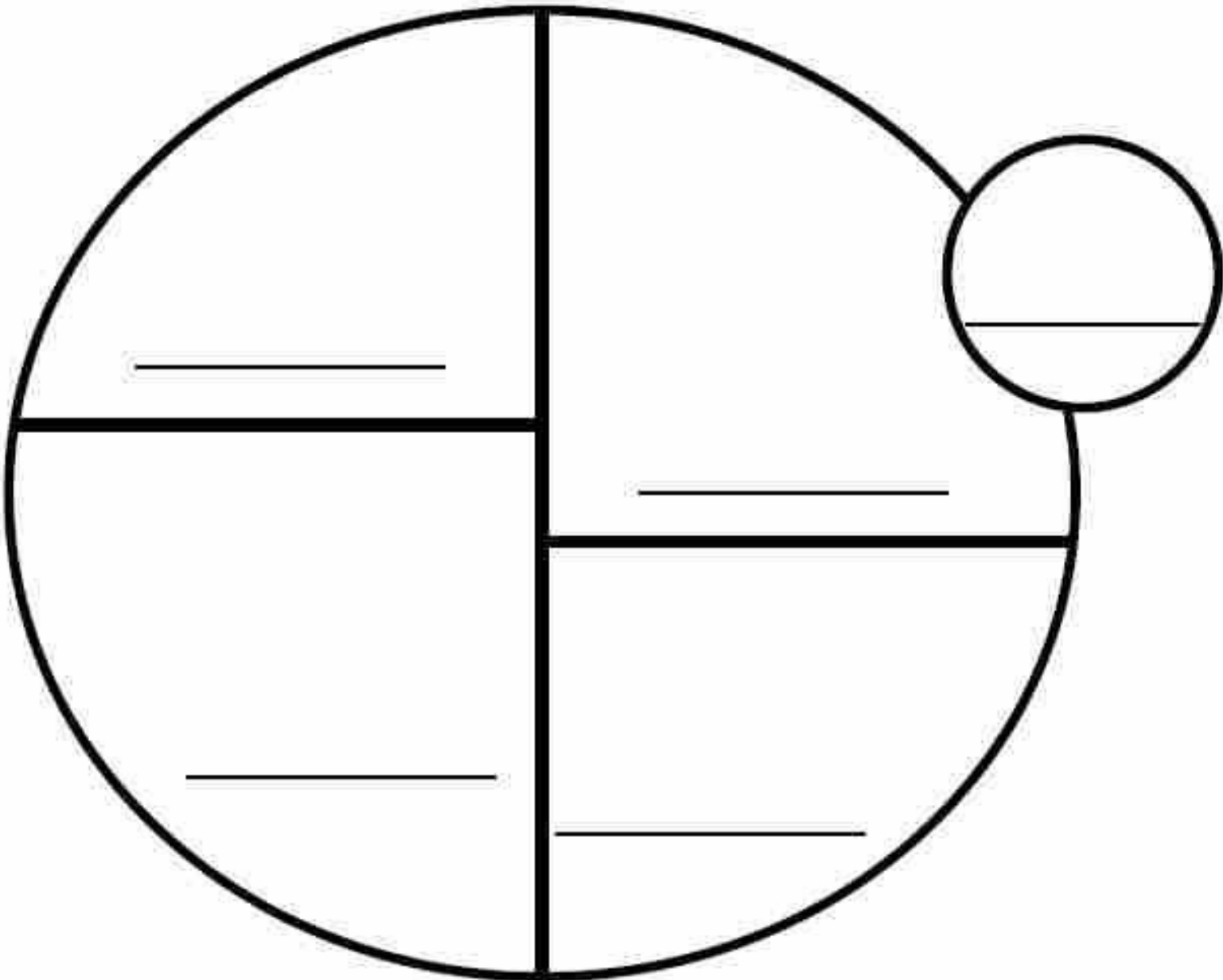
Name: \_\_\_\_\_

RED



L.O: To design a healthy balanced meal

Date: \_\_\_\_\_



Green



L.O: To understand



why



healthy



eating



is important.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Why is a healthy diet so important?

What are the five main food groups?

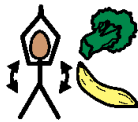
What are the benefits of eating fruits and vegetables?

Can you name a protein?

Can you name a dairy product?

Can you name a carbohydrate?

How many portions of fruit and vegetables should we eat every day?



Red



L.O: To understand



why



healthy



eating



is important.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Why is a healthy diet so important?

What are the five main food groups?

What are the benefits of eating fruits and vegetables?

Why do our bodies need protein?

Why is it important to eat dairy products?

Why do our bodies need carbohydrates?

How many portions of fruit and vegetables should we eat every day?

