**HEALTH AND WELLBEING**

I enjoy eating a diversity of foods in a range of social situations.

HWB 2-29a

By applying my knowledge and understanding of current healthy eating

advice. I can contribute to a healthy eating plan. HWB 2-30a

LEARNING INTENTIONS

I can label which foods belong in each section of the Food Pyramid.

I can explain what various stages of the life cycle require fats and protein less fat

I can research foods and drinks consumed by the class and decide if they fit into the idea of a healthy balanced diet

I can produce a POSTER for parents that outlines the importance of providing children with healthy balanced meals and includes examples of how parents can help their child eat their 5 a day.

You will read the PP attached to this Assignment. You will take notes and then make an Information Poster.

**Remember the SC for a poster.**

Clear heading – use a ruler.

Captions spaced out throughout the poster.

Writing must be big enough to read.

Not too many colours.

Information must be easy to understand.

Only include the most important information.