

DT:

This week in DT I'm asking you to design, create and eat a healthy meal. Sounds easy enough.. right? Your task is to try and make healthy choices throughout the week and fill out a weekly food diary. This will help you make sure you are eating your 5 portions of fruit and vegetables a day. At the end of the week, using the 'Eatwell plate' and some of the resources I would like you to create a healthy balanced meal. Remember to send me pictures, you could even get your family to give you a review!



- Heathy eating PowerPoint: <https://www.twinkl.co.uk/resource/t2-s-1204-food-pyramid-powerpoint>
- Have a chat about the labels on food and how we know foods are healthy and unhealthy