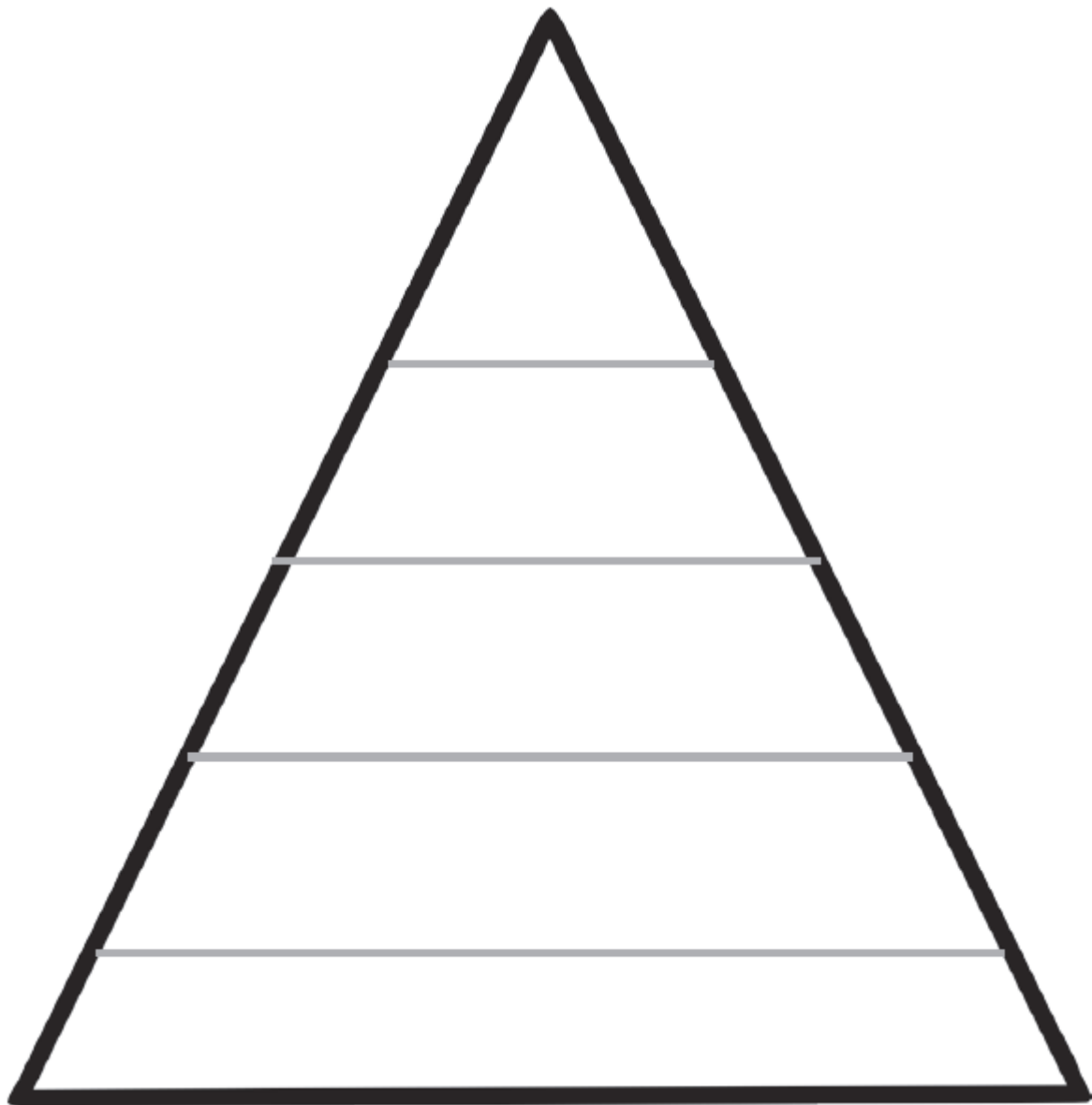


Option 1

A food pyramid is often used to teach people about healthy eating. This is an alternative to the healthy food plate we used in science. Read through the text again, then create a food pyramid containing the advised foods and suggested portions. Write down the different nutrients next to each section. Remember the foods that you should eat most of are at the bottom of the pyramid.



Option 2

Using the information from the text, create a poster about Healthy Eating. Make sure you include information about the different food groups, nutrients and why the body needs different types of food.

Option 3

Imagine you are a journalist in a children's magazine. Write a paragraph about why it is important to eat a balanced diet. Make sure you include the importance of each food group.
