

Half Term Challenge

This holiday we would like you to build on your learning from this half term all about healthy eating in design and technology. Think about what makes up a 'balanced diet.' Get your creative thinking caps on and have a go at creating a collage of a balanced meal. You will need to think about the different food groups and what portion sizes of each group that we need. Remember that the food groups are: fats, sugars, grains/carbohydrates, fruit, vegetables, dairy and protein.

You could watch the following clip to help you:

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

Year 1 - create a collage of a healthy, balanced meal. Use actual packaging, magazine cuttings, drawn pictures or a mixture of all three.

Year 2 - create a collage of a healthy, balanced meal. Use actual packaging, magazine cuttings, drawn pictures or a mixture of all three. After finishing your collage you will need to label the different food groups on your plate.

Look at some of the example below for inspiration! We look forward to seeing your tasty creations!

Mrs McMordie, Mrs Skingle, Mrs Whittingham & Mrs Crookes

