



Big Question: What is a balanced diet?

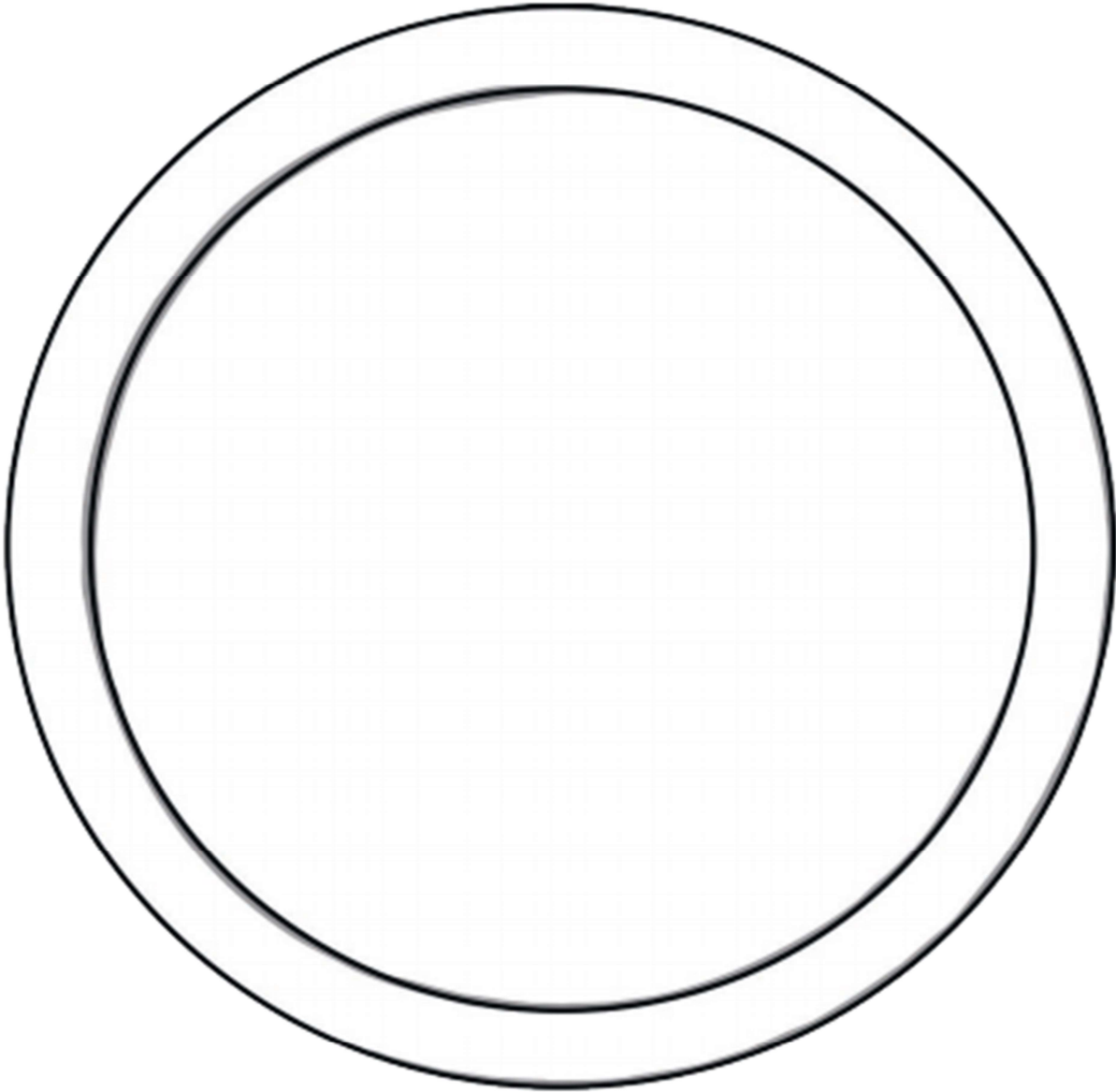
What things influence what we might eat?

1. _____

2. _____

3. _____

Draw and label a healthy and balanced meal. Use the Eatwell Plate to make sure you include the food groups you need to.



Challenge-Create a poster to encourage children to eat a balanced diet.