

Year 3 Half Term Project

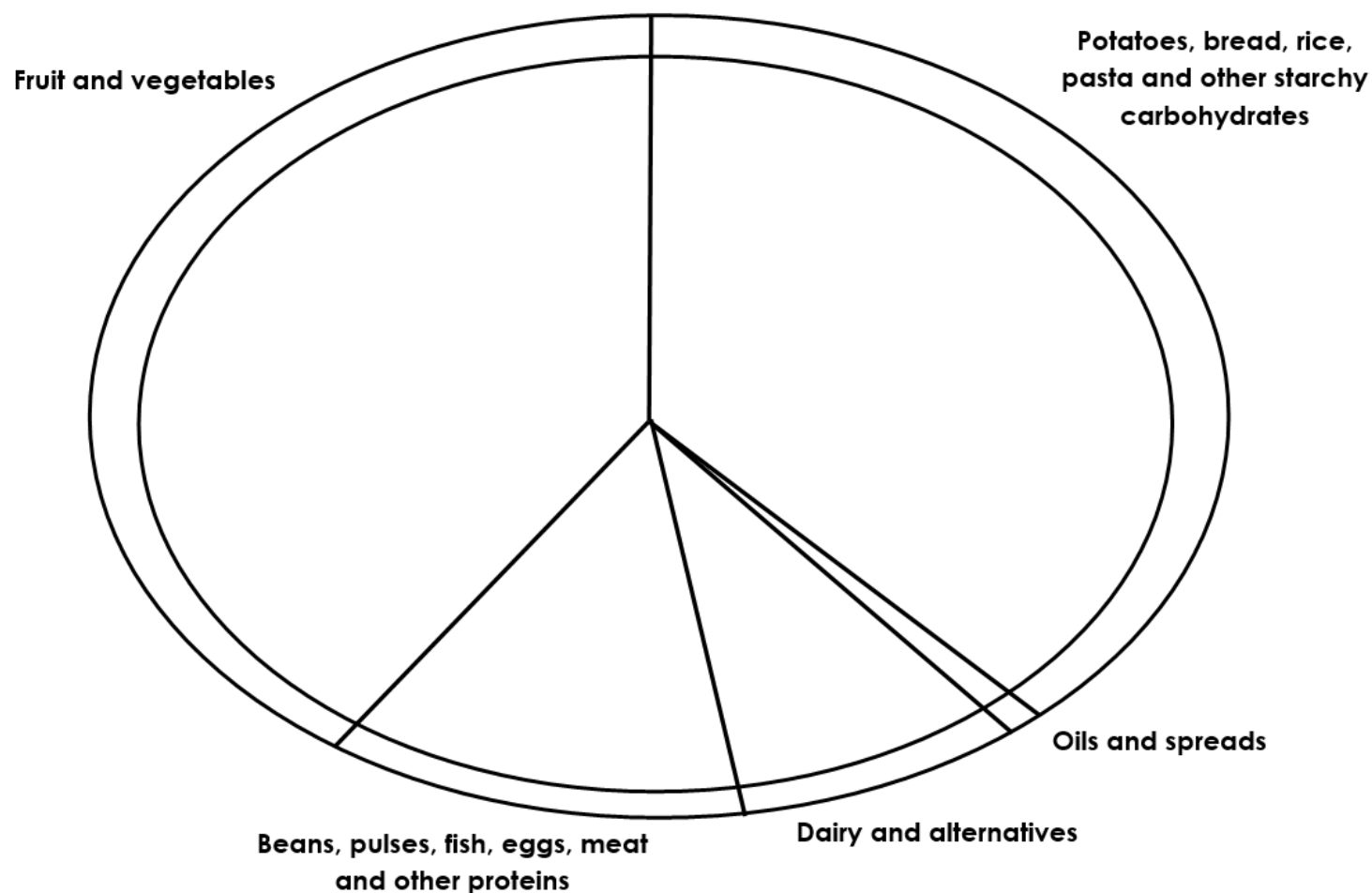
During half-term we would like you to continue to apply your knowledge of the Eatwell Guide to your own lives.

1. Complete the food diary for 4 days.

	Breakfast	Lunch	Dinner	Snacks
Day 1				
Day 2				
Day 3				
Day 4				

Wellness Task – Nutrition

1. Choose one day and plot all the food on an Eatwell Guide.
2. Explain whether or not you think you've had a balanced diet for that day and how it could have been made better



Next time to make my day more balanced I could.....