Monday 8th June 2020

WALT: to understand what it means to have a healthy, balanced diet

*Success Criteria:*

*- I can name the different food groups*

*- I can identify which food group something belongs to*

*- I can design a menu for a day of healthy eating*



*My Healthy Eating Menu*

|  |  |
| --- | --- |
| *Breakfast* |  |
| *Lunch* |  |
| *Dinner* |  |