

Concord Summer Experience



Activity Title	Nutrition (Healthy Habits)	
Activity Overview	In this activity, you will in this activity, you will learn the basics of nutrition (eat well) and how the food we eat, fuels our body. Review the composition of food you currently eat and pledge to eat more of one food type	
Activity Steps	Notes	Resources
Watch the video from Miss Steele and Mr Booton		PowerPoints Slides Pen Paper if required
You need to first fill in the gaps of the diet e.g. P -----		PowerPoints Slides Pen Paper if required
Please fill in the eat well plate with the answers you think are in each section of the well-being plate		PowerPoints Slides Pen Paper if required
Then you will need to make notes on each food type as you will need to use the food groups for you own diet.		PowerPoints Slides Pen Paper if required
You need to put the food you have eaten into each food group and the reasons why they are in that food group.		PowerPoints Slides Pen Paper if required
Read the case study and provide your answers for that case study,		PowerPoints Slides Pen Paper if required
Final task you need to evaluate and provide a food group you will eat more within your diet.		PowerPoints Slides Pen Paper if required