

# Concord Summer Experience



<b>Activity Title</b>	Nutrition (Healthy Habits)		
<b>Activity Overview</b>	<p>In this activity, you will learn the basics of nutrition (eat well) and how the food we eat, fuels our body.</p> <p>Review the composition of food you currently eat and pledge to eat more of one food type</p>		
<b>Activity Duration</b>	30 Minutes	<b>Resources Required</b>	<ul style="list-style-type: none"> <li>➤ Laptop</li> <li>➤ Pen</li> <li>➤ Paper if required</li> </ul>
<b>Activity Summary</b>			
<p>In this activity you will learn the basics of nutrition (eat well) and how the food we eat, fuels our body.</p> <p>You will be then reviewing the composition of food you currently eat and pledge to eat more of one food type within your diet.</p> <p>You will need to firstly listen to video created by Miss Steele or Mr Booton before starting the PowerPoint.</p> <p>You need to first fill in the gaps of the diet e.g. P - - - - -</p> <p>Please fill in the eat well plate with the answers you think are in each section of the well-being plate</p> <p>Correct your answers if they are wrong</p> <p>Then you will need to make notes on each food type as you will need to use the food groups for you own diet.</p> <p>You need to put the food you have eaten into each food group and the reasons why they are in that food group.</p> <p>Read the case study and provide your answers for that case study.</p> <p>Final task you need to evaluate and provide a food group you will eat more within your diet.</p>			