

Task 2

Research the following food groups and list 3 facts for each. You may want to list as two of your facts what one portion of each group looks like and how many servings you should have each day e.g. you should have 3-5 portions of carbohydrates per day and one portion could be one slice of bread.

Find 3 facts and write them down for these groups:

- Fruit and Vegetables
- Carbohydrates
- Protein
- Dairy
- Fats and sugars

This may be a good website to start with for your research:

<https://www.gosh.nhs.uk/conditions-and-treatments/general-health-advice-children/eat-smart/food-science/food-group-fun/>

Task 3

Design a healthy meal, drink and dessert based on what you learnt last week about foods and nutrients and the research you have conducted today. There is a template in the uploads that you may want to use. Draw and label the different parts of your meal and write the food group next to it.