Healthy lunch product evaluation

These are the skills I used when making my lunch product:
Did you like the way your product looked? Yes/no? Why/why not?
Did you like the way your product tasted? Yes/no? Why/why not?
Did you follow your instructions accurately and did your final product turn out like your final design? Yes/no? Why/why not?
How could your product be improved next time?
Did you face any problems? How did you overcome them?

Explain how your final product linked to your Science knowledge of the Eatwell plate and a healthy, balanced diet
Here is a labelled diagram/ photograph of my final product: