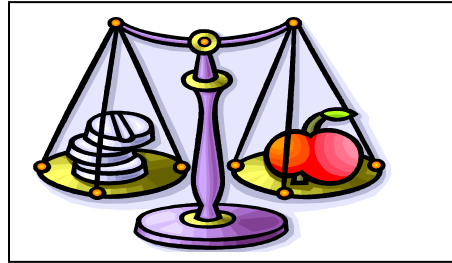


Healthy Eating Project

This is your homework for Food Technology; you will have about three weeks in which to complete it. Your teacher will give you the date it has to be in by.

TASK: to produce an information sheet on healthy eating, that explains the importance of eating a healthy diet and gives guidelines as to how we can eat a healthy diet.

You are to use an A3 sheet of paper to present your information; you are to use pictures, graphs and written information.



You must include:

What is a healthy diet?

What foods it includes? What foods should we avoid? How much of each food should we eat?

Why it is important to follow a healthy diet

What illnesses may we suffer if we do not eat a healthy diet? What effects does a poor diet have on us? How does eating a good diet make us look and feel better?

Advice and help on how to follow a healthy diet.

Meal ideas, recipes that we could cook, ways to cook healthy foods

What level will I get?

level 3	You will have explained briefly in a few sentences what a healthy diet is. You will have made a list of bullet points to explain the advantages of following a healthy diet. You will have given a list of how to eat a healthy diet and included two or three recipes. You will have included written work and pictures
level 4	You will have explained in a few paragraphs what a healthy diet is. You will have made a list of the advantages of following a healthy diet, and briefly explained these You will have range of ideas of how to eat a healthy diet and included three or four recipes. Your work will be clearly presented using a variety of written work and pictures to explain
level 5	You will have explained in detail what a healthy diet is. You will have made a detailed list of the advantages of following a healthy diet, and explained these clearly. You will have range of ideas of how to eat a healthy diet and included range of recipes. Your work will be clearly presented using a variety of written work and pictures and graphs to explain.
level 6	You will have explained in detail with examples what a healthy diet is. You will have explained in detail the advantages of following a healthy diet including examples of evidence to support this. You will have planned one week diet to demonstrate healthy eating including a range of recipes. Your work will be clearly presented using a variety of written work and pictures and graphs to explain. There will be accurate spelling and grammar throughout your work.

Websites, Magazines for pictures and recipes, the library, Supermarkets for leaflets and recipe ideas