

Research Government guidelines

Produce a leaflet include a diagram of the eatwell plate showing the percentages of each food group.

Explain at least 4 facts why meals should be based on starchy foods.

Give three suggestions for eating more fruit and vegetables and how we can eat a variety.

It explains why we are encouraged to eat more fish. How many portions should we eat a week.

Explain at least three facts on how we can reduce our fat intake. What are the guidelines from the food standards agency to classify how much fat is in food products?

How can we cut down on sugar? Why should we reduce our sugar content?

Give advice on how we can reduce our salt intake.

Finally discuss importance of eating breakfast, drinking plenty of water and being active.

Make it colourful and eye-catching and easy to follow.