



PSHEE Y7 You are what you eat

The Peri-ometer suggests the challenge the Home learning may offer. How **hot** are you willing to go?!



	What is a healthy diet?	Can you plan 3 healthy meals to eat in a day?
	Analyse the effects of having too much or too little of certain food groups.	Analyse how healthy your meals are. How could you make them even healthier?
	Explain why each food group is needed by the human body	Explain why you selected each meal.
	Describe examples of different food groups.	Describe which food groups your meals include.
	Identify the different food groups.	Identify foods for 3 meals.