



# FY—Y6 Half Term Project

## Healthy Me! Due 6.6.18

What is your favourite meal? Favourite lunch? Breakfast? Snack? How healthy are our favourite foods? We are always trying to make healthy choices and stay away from very salty or sugary foods.

This half term we are asking you to design a **healthy** meal, filled with colour and flavour! You may design a starter, main and dessert or just one course. Remember to think about how your meal will look on the plate and whether it is a 'balanced meal' (See <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/> for tips!)

Please could your designs be in school by 6.6.18.

Your designs may include photographs of the foods you will choose or maybe even a photo of the finished product if you have made your meal at home too! Your design maybe drawings or notes about what you will make—how you present your design is up to you.

A piece of writing will then be written in school, whether it is a shopping list for the ingredients or a report on how healthy the meal is. The writing will happen in school, we just ask you to provide the inspiration!

We look forward to seeing your designs coming into school after half term.

