

PSHE Home task

Today in class 3, we are looking at what it means to have a “balanced diet”.

Conduct research and create a poster that explains what the term “balanced diet” means and what nutrients the following foods give the human body:

- Fruits and vegetables
- Bread, cereals and potatoes (starchy carbohydrates)
- Meat, fish, beans and other proteins
- Unsaturated oils/spreads and other good fats
- Water

Use this site to help with your research

<https://www.nutrition.org.uk/healthy-sustainable-diets/>

