Nutrition Challenge

- Design a poster to promote healthy eating. You can focus on one particular food group or a certain diet i.e. vegetarianism or you could promote an overall balanced diet.

- Can you devise an unhealthy menu for one day? Now switch the ingredients and/or the cooking method to make it healthier.

- Devise a nutritionally balanced diet for your family for one week. You might want to consider the following: current shopping restrictions, shopping on a budget

- You could go wild and come up with a lavish, no expense spared menu featuring dishes from all around the world. Explain why your menu is healthy.

- Cook three meals for your family, at least two of these should be savoury. Take some photos during the preparation, cooking and eating stages. Did your family enjoy them? Did you try any new ingredients?

- Draw a picture of your favourite healthy food. Label your drawing and tell us why you think it’s so delicious. Come up with some fantastic adjectives.

- Write an article for your local community explaining the benefits of healthy eating.

- Explain how certain vitamins can be destroyed or retained. For example: through food processing, cooking techniques or combining with other foods.

- Make a table listing all the main vitamins and minerals. Detail which foods they are found in and what benefits they have to our bodies.

- Linking to the Sport and Fitness Badge, explain how ‘food is fuel’ and the importance of eating the right foods for certain exercise.

- Design a nutritious packed lunch box.