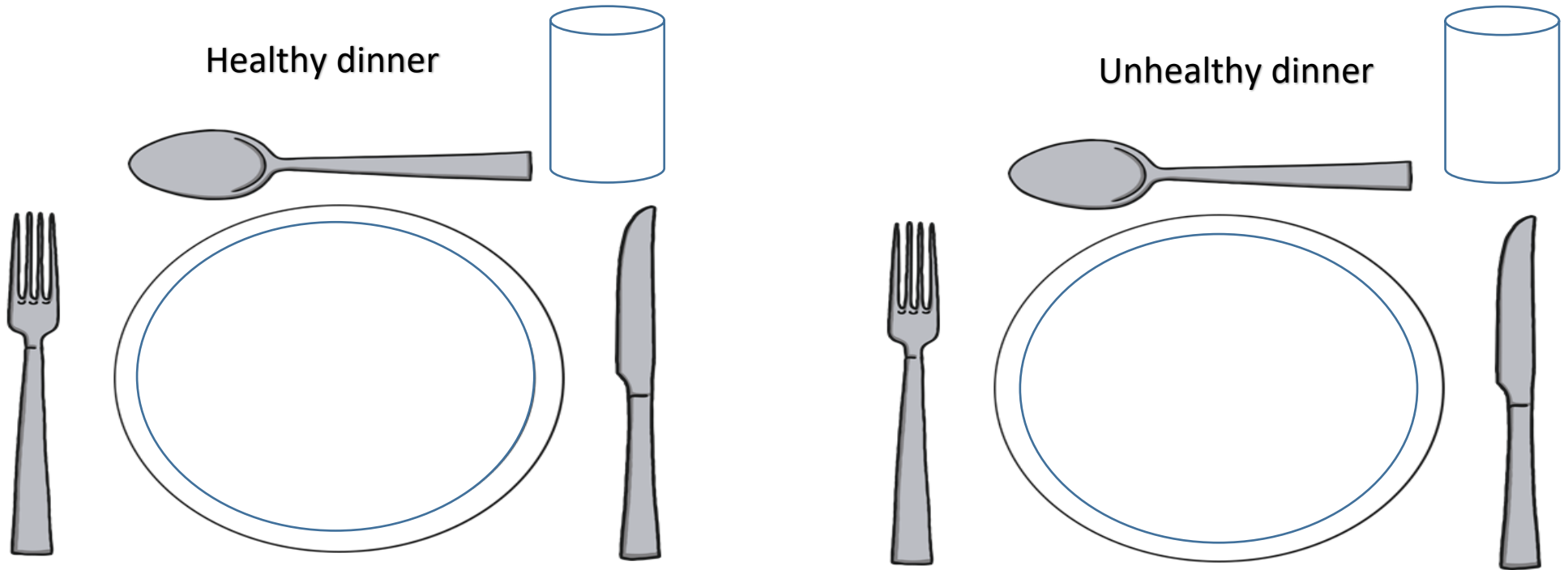


Healthy vs Unhealthy food – Dinner

Task 3: Last week (Friday) we learnt about the different food groups. Use the knowledge gained from last week's activity to plan healthy and unhealthy foods. For this first task, plan a healthy and unhealthy **dinner** and explain the difference.



Explain the difference between your healthy and unhealthy **dinner** plans:
