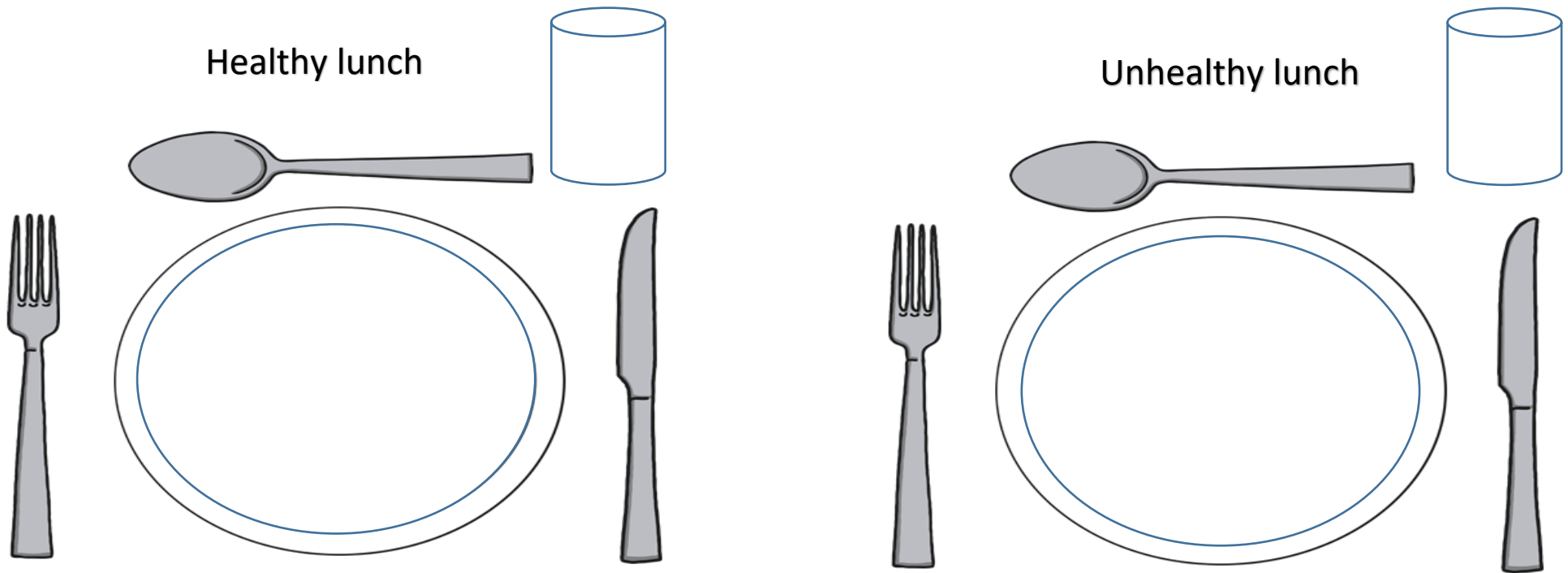


Healthy vs Unhealthy food – Lunch

Task 2: 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 **Lunch** and explain the difference.



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