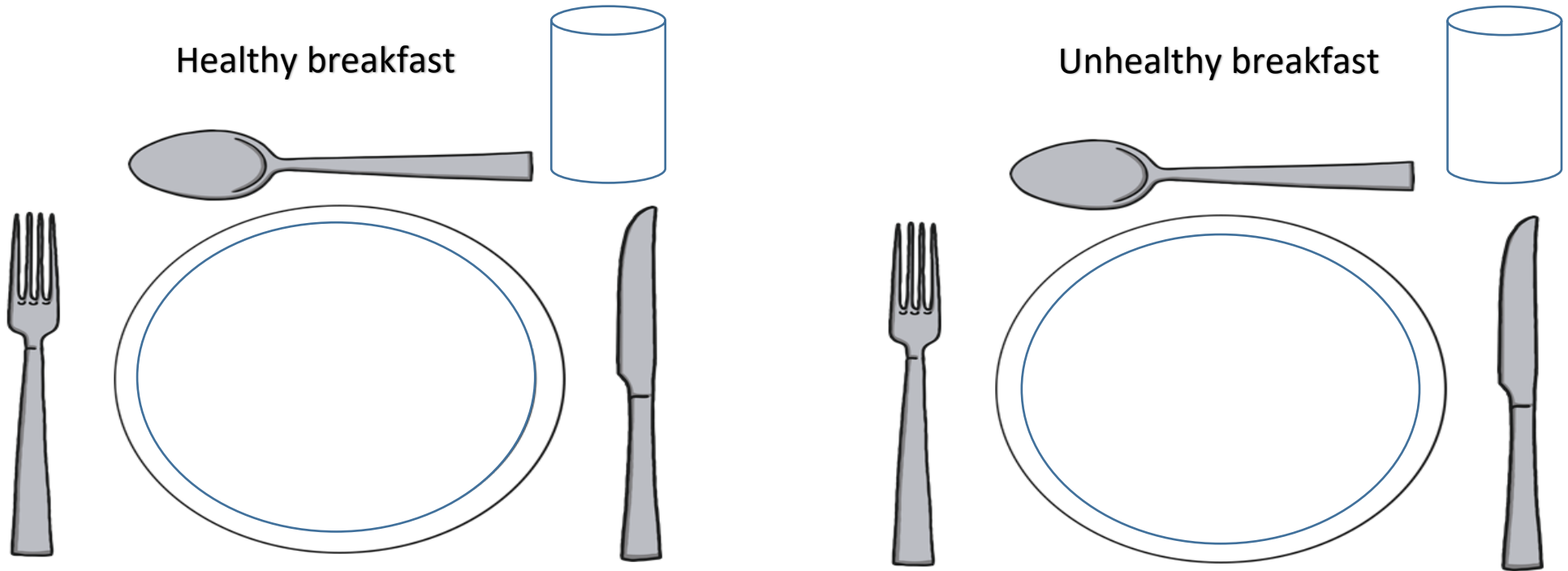


Healthy vs Unhealthy food – Breakfast

Task 1: 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 breakfast and explain the difference.



Explain the difference between your healthy and unhealthy breakfast plans:
