

## What will you choose to do?

- Write a shopping list for your family's weekly menu and calculate how much it will cost. Don't forget to look for Fairtrade options.
- Keep a food diary to record the different types of food you eat over the weekend. Report back; in your opinion, has your family got a balanced diet?
- Make an alphabetic list of foods from A to Z. Is it possible?
- Make an information booklet about a festival that involves eating a special type of food. There are lots to choose from!
- Make a dish from a recipe book and take photographs to share back at school. Remember to wash your hands before getting going!
- Write an imaginative story which starts...'You're not going to eat me are you?' said the...
- Make a fabric dye from a strongly coloured fruit or vegetable. Try beetroot, carrot, tea, spinach or strawberry. Try dip-dyeing an old white T-shirt or handkerchief into your coloured dye. What happens?
- Design and make an exciting sandwich. Bring it in to school for everyone to taste!
- Plan yourself a weekly exercise regime and encourage a parent or carer to do it with you!

