



Food and Nutrition

Brine Leas School

Year 6 taster task

Your task


Design a **healthy eating snack for children** using the internet and research apps like Pinterest to help you. You should **draw** your ideas, **label** them with the foods that you're using and **colour** your designs in.

Your snack must be **healthy**, **creative**, include **fruit** or **vegetables** (amongst other foods), **colourful** and **fun**!

If you have **adult supervision** and **permission**, try to make your snack at home **with an adult**, make sure you take a photograph.

When you start Brine Leas in year 7, bring your design work, and photograph of your snack, along with you to your first Food lesson, we'd love to see what you got up to!

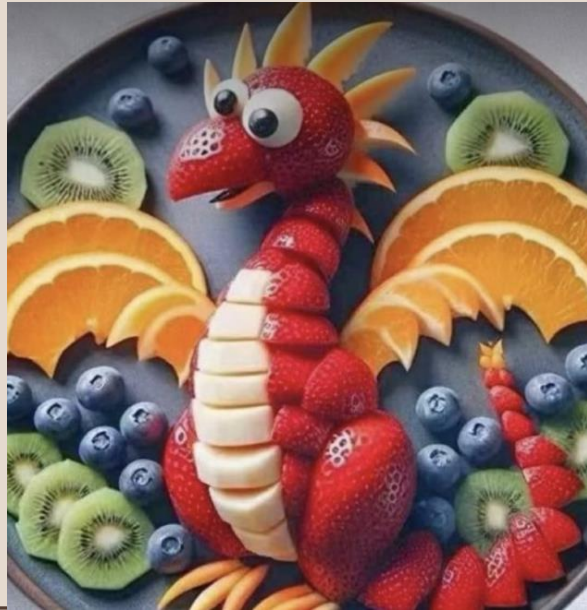
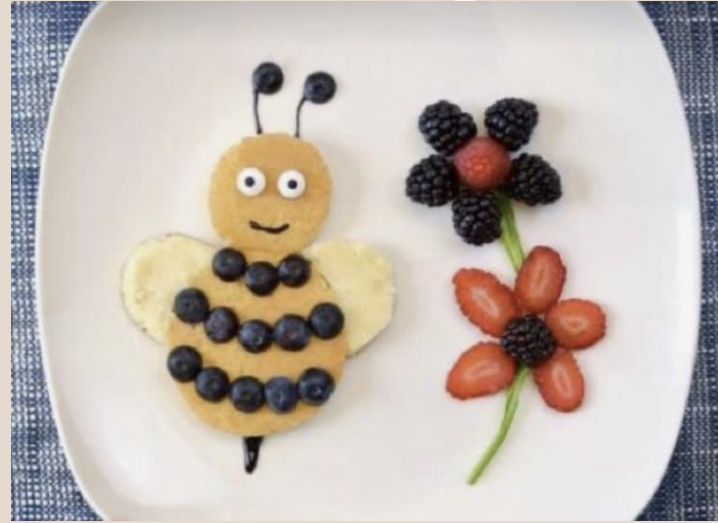


The background features a light grey base with large, overlapping organic shapes in muted green and brown. In the top left, there are faint, stylized grey patterns of foliage. A white line with a wavy, organic path starts from the bottom left and curves across the right side of the image.

Healthy
snack ideas
that we've
found















Challenge task – Can you eat the rainbow?

Over the next week, try to eat the rainbow. Make a food diary (something like my picture opposite) and try to eat as many **healthy foods** as possible from **each colour** of the rainbow, did you manage it?

Where did the food that you ate come from? Have a look at the packaging. For example, we can see that these green grapes have come all the way from **Egypt**!



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Red Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Orange Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yellow Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blue Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brown Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Red Foods					
Orange Foods					
Yellow Foods					
Green Foods					
Blue Foods					
Brown Foods					

Don't forget to bring
your work with you
to your first Food
lesson of year 7

