

Year 7 your first homework project asks you to produce two leaflets as indicated below. This will be your homework for the next 6 weeks. Your teaching will provide guidance each week to assist you in its completion, good luck!

Year 7 Extended Homework Project 1



5 a Day Leaflet

- Produce a leaflet which will encourage young people to include more fruit and vegetables in their diets.

You should include:

- Why it is important to eat fruit and vegetables
- What does one portion mean? Give examples
- Some examples of meals or snacks which provide you with some of your five a day.

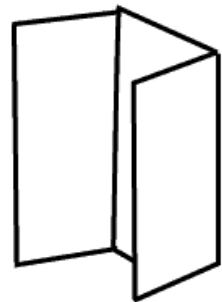
Success Criteria

Leaflet should be :

- Colourful
- Attractive
- Easy to read
- Not more than 2 page of A4 folded into booklet, z-fold or barrel fold.



z-fold



barrel fold

Websites you could use:

<http://www.nhs.uk/livewell/5aday/pages/5adayhome.aspx/>

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http://www.bbc.co.uk/health/treatments/healthy_living/nutrition/healthy_fruitveg.shtml

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Year 7 Extended Homework Project 2

Healthy Eating Leaflet

Healthy eating guidelines tell us that we should:

- eat more fibre
- Reduce fat, salt and sugar in our diets.



Produce a leaflet which will help to make teenagers aware of the basic healthy eating guidelines.

You should include:

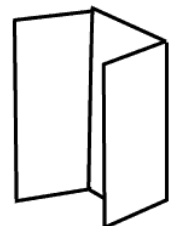
- List of healthy eating guidelines
- Why we need to eat healthily. How does a poor diet affect our health?
- Some examples of 'healthy' recipes or snacks.

Success Criteria - Leaflet should be :

- Colourful
- Attractive
- Easy to read
- Not more than 2 page of A4 folded into booklet, z-fold or barrel fold.



z-fold



barrel fold

Websites you could use:

<http://www.nhs.uk/LiveWell/Goodfood/Pages/Goodfoodhome.aspx>

http://www.bbc.co.uk/health/treatments/healthy_living/nutrition/index.shtml

This work should be collated together and handed into your D&T/ICT teacher the week before you leave for October half term.

