

A Healthy Recipe

You will need to research a healthy recipe to complete this task. You could ask a family member. You could look in a cook book or in a magazine. You could research online.

Think carefully and consider what we need for our diet to be healthy. Think about the different food groups and how these provide our bodies with different things.

Your chosen recipe could be one that caters for people on certain diets or who have specific allergies.

Write down the recipe and explain why you consider it to be a healthy option. If you have time, you might like to follow the recipe and prepare the food.



The healthy recipe I have chosen is:

I believe this recipe is healthy because...

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).