INVESTIGATION WEEK 10

PART 1

Complete the diet and nutrition quiz on page 107 in the text book.

Write some sentences about how healthy the quiz says your diet is and explain a few choices you could make to improve it.

PART 2

Cut out the labels from two different food products at home, then write some sentences that compare the two together. Comment on sugars, fats, protein and salts. Which is most healthy and why?