



Diet and Exercise Planning



Write down notes for each of the sections. You will use these to create a poster.

Healthy Diet:

Exercise:



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Write down notes for each of the headings. You will use these to write an information text.

Healthy Diet:

Impact of a Healthy Diet:

Exercise:

Impact of Exercise



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Write down notes for each of the sections. You will use these to create a healthy lifestyle brochure.

Healthy Diet:

Carbohydrates:

Protein:

Fats:

Water:

Fibre:

Vitamins:

Minerals:

Exercise:

Impact of Exercise