



## Science

Activity- What did you have for dinner?

### What you will need;

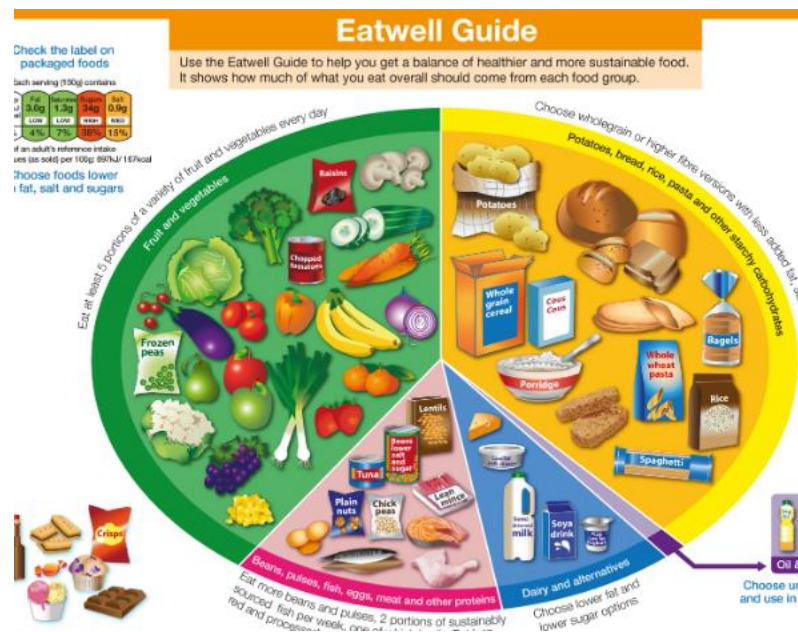
Piece of paper

Pens/ pencils

Internet

### Activity;

1. Start by drawing out a big plate on to your piece of paper.
2. Think about what you had for dinner last night and draw it on to your plate.
3. Once you have drawn what you had for dinner think about the different food groups you ate from i.e. spaghetti is a carbohydrate. Label the different foods you had.
4. **Challenge:** Can you plan a meal that has food from each food group?



Don't forget to send a picture to your teacher!