Module 2- Communicating and interacting for health and wellbeing

- Evaluate and apply health information from a range of sources to health decisions and situations

2C- Week 25-28: The Healthy Food Pyramid
This activity can be used as an assessment task. It can be modified to have less weighting.

- During this activity, students will use the healthy food pyramid to formulate a restaurant menu. The menu must consist of 4 entrées, 5 mains and 4 deserts.
- Students must present their menus as if it was for an actual restaurant.
- Students must ensure all of their meals represent the healthy food pyramid.