



Keeping Healthy!



- ❖ Find 3 food items in your home that you think are healthy.
- ❖ Look at the back of the product to find its nutritional value.
- ❖ Select 1 item out of 3 and complete a blog post reviewing the item. You should think about the following when reviewing the item:
 - What makes it healthy?
 - How does it benefit you nutritionally?
 - How often should you eat it?
 - Include images
- ❖ Now think about how you would promote this item in a National Health campaign
 - What is a National campaign?
 - What triggers a national campaign?
 - What are they trying to achieve?

This task links to...
Unit 10 Nutrition in Health and Social Care
Unit 5 Promoting Health and Well-being in Health and Social Care

Please note: this campaign will link to your induction activity!