



Diet and Exercise Planning

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

Healthy Diet:

Exercise:



Diet and Exercise Planning

Large empty rounded rectangular box for notes, with a pair of glasses icon at the bottom right corner.

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



Diet and Exercise Planning

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

<p>Healthy Diet:</p> <p>Carbohydrates:</p> <p>Protein:</p> <p>Fats:</p> <p>Water:</p> <p>Fibre:</p> <p>Vitamins:</p> <p>Minerals:</p>	
<p>Exercise:</p> <p>Impact of Exercise</p>	