**S1 Home Economics: Healthy Eating**

**Create a leaflet about Healthy Eating which can be handed out to Primary 5 pupils at local primary schools.**

Your leaflet should include:

* A **description** of what the government guidelines are for healthy eating (The EatWell Guide or the 8 tips for Eating Well)
* At least 2 food groups we should eat more of and the reasons why
* At least 2 food groups we should eat less of and the reasons why

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