



Mum, Dad or your adult carers will not be able to prepare the family meals over the next week.

So...it's *your* turn to cook.

Your Challenge

Plan a menu for your family for the next seven days, including breakfasts, lunches, dinners and snacks.

Think about:

- preparing daily menus
- making a list of ingredients you'll need from the supermarket, greengrocer or butcher's shop for each day's meals
- snack foods that are healthy and taste good.

Reflect on what you know from *Nutting out Nutrition* to justify your menu choices.

Why You Are What You Eat

by Andrew Einspruch

How much do you think about the food you put into your mouth? If you're like most people, probably not much. There is an old saying: "You are what you eat". This means that the food you choose to eat can affect how well your body works.



Why do humans need food?



To provide the body with fuel and building materials

What Is Nutrition?

Nutrition is a science that studies the link between diet and health, and especially the process where the body takes in food and uses it for growth, activity and repair.

