

Science Task – My Family

Create a balanced meal for my family

When designing a meal, it is important to take into account how much of each food group you are using. This is a reminder of the food groups and of a 'balanced plate' with approximate amounts of each food group.

Watch the clip on BBC Bitesize, **READ** the information below the video clip, and answer the questions to help plan your meal!

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j>

