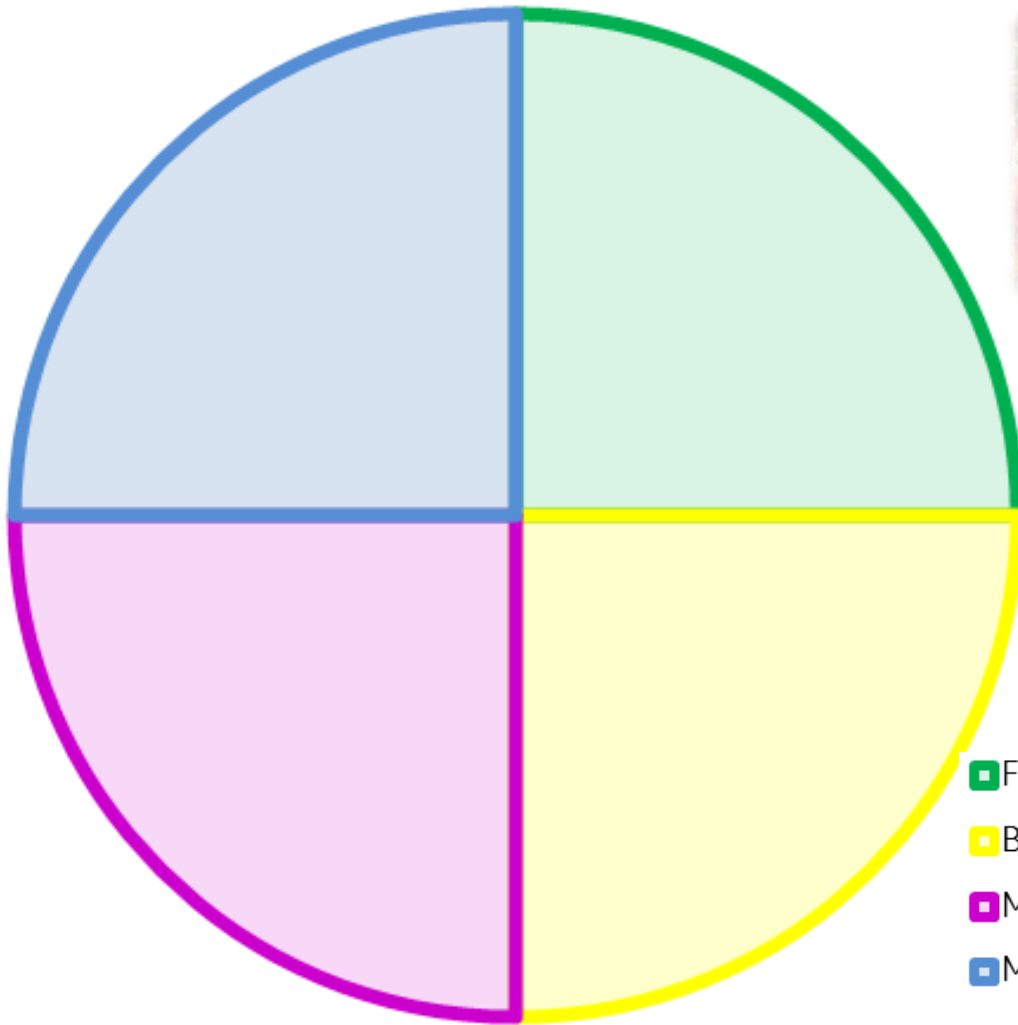


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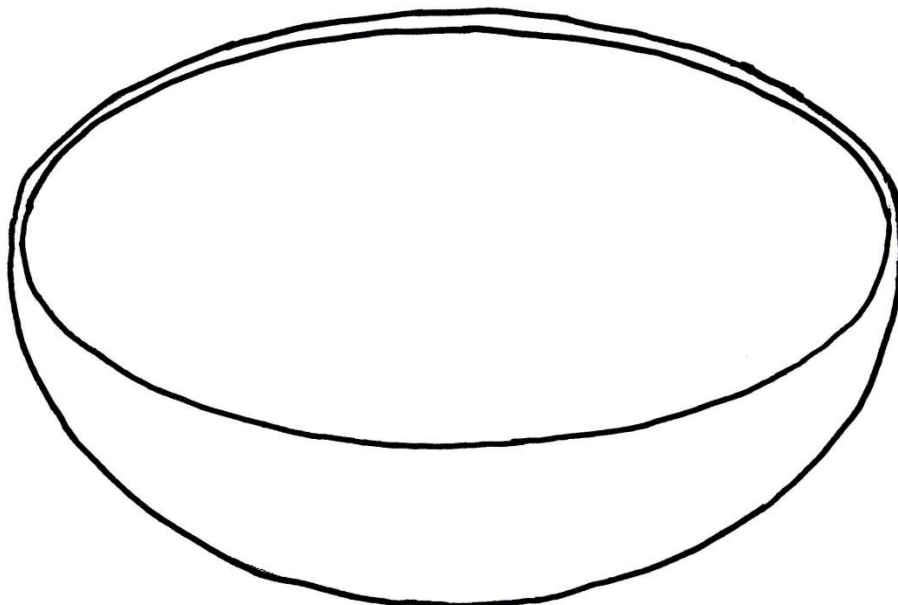
LO: To design, create and evaluate a healthy pasta salad.

To make sure a meal is healthy, we must have food from different parts of the eatwell guide. Can you design a pasta salad that has ingredients from each part of the guide? Draw and label the ingredients that you are going to use!



- Fruit and vegetables
- Bread, rice, potatoes and pasta
- Meat, fish, eggs and beans
- Milk and dairy foods

Draw a picture of your pasta salad here.
Make sure you include all of your different ingredients!



Use the pasta salad recipe to help you to write step by step instructions with numbers of how to make **your** pasta salad.

Now make you salad (Check with an adult that it's OK to do this first)

Did you like your pasta salad? 😊 😐 😞

What **did** you like about your pasta salad? 😊

What **didn't** you like about your pasta salad? 😞

What would you do **differently** next time? →
