

Name: \_\_\_\_\_



# Unit 9

## Magazine Article

What food do you want to include in a healthy box lunch? Complete the fact sheet below with your own ideas and draw your own design.

(Draw a picture of your healthy box lunch.)

### Fact sheet

Types of food	Food items	Amounts	Why are they good / bad?
grain products	_____	a lot	_____ _____
vegetables and fruit	_____	_____	rich in _____ _____
dairy products	_____	_____	rich in _____
meat and fish	_____	some	contain _____
sugary snacks	_____	a few	high in _____

You may use these words:	a few	calcium	cholesterol	fibre
	mineral	protein	sugar	vitamin

