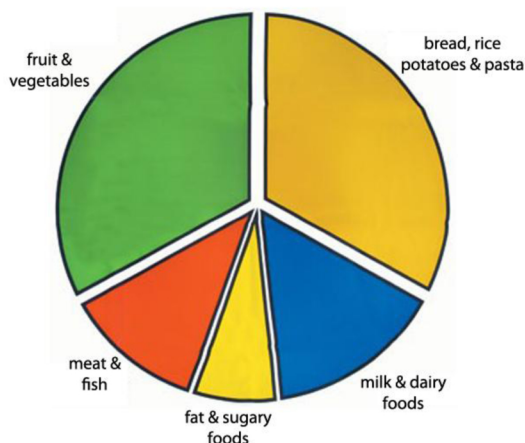


# Healthy Eating Science Trail

Using the healthy eating plate as your guide:



Q1: At your food outlet, identify what foods on offer would be in each of the food groups. Make lists.

Carbohydrates Slow release	Carbohydrates Quick release - sugar	Fats	Proteins	Vitamins (lots of these are found in fruit and veg)

Q2: What is the healthiest food option on offer? How much does it cost?

Q3: What is the least healthy food on offer? How much does it cost?

Q4: What is the most expensive food you can find? How much does it cost?

Q5: What is the least expensive food you can buy? How much does it cost?

Q6: Does your food outlet sell foods that fit into one particular food group more than all the others? Why do you think this is?

As you are walking back to school, make a list of all the different shops or restaurants that sell food on the street. Where would you go to get a meal from? Why?