

# The Inside Story Booster Session 1 - Assessment Task



**the  
Inside  
story.**

Discovering a healthy active you

## Learning Intention:

Today we are: identifying a variety of foods that provide vitamins and minerals.

So we can: eat a variety of foods that provide vitamins and minerals.

I will know I have been successful: when I can create a balanced and enjoyable day of eating.

Eating healthy foods gives you important vitamins and minerals that your body needs to grow and give you energy to help you feel great.

It's okay to enjoy treat foods sometimes too. This is called a balanced eating plan.

Balance is the key to wellbeing and feeling your best!

### Assessment Task:

Create a balanced eating plan that someone could eat in a day.

Try and include:

- foods you enjoy eating
- foods that are healthy
- benefits from vitamins and minerals
- foods that give you energy
- foods that make you feel happy

## A Balanced Day of Eating

### Breakfast

---

---

---

### Lunch

---

---

---

### Dinner

---

---

---

### Snacks / Drinks

---

---

---