

Full Name:

Class: **Date:**

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Essential nutrients - Micronutrients

From the list of foods on the slide, write down the foods you eat MOST days. Give yourself an extra  if your food was fresh and unprocessed, for example fresh meat or fish rather than burgers or fish fingers, or wholemeal rather than white bread.

Nutritious foods I eat regularly

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Now, using the same list of foods on the slide, write down the foods you DON'T eat very often, and think of how/when you could include them in your diet.

Nutritious foods I don't eat

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How can I eat these more often?

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