

Year 2 Healthy Wraps

Excellence and Enjoyment. Everyone and Everything. "God created you to be amazing"



Glossary



dairy

Red Hill Riches

I know:

The Eat Well Plate represents that we should eat carbohydrates, protein, dairy, fats, fruits & vegetables

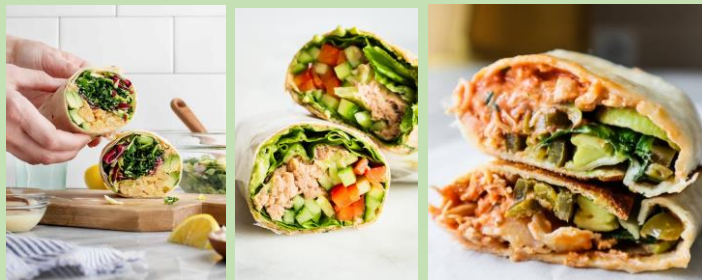
Fruit and vegetables should be cut safely

Products should be designed around a design criteria

Surveys can be used to support designs

Existing wrap products

Wraps are a healthy option for a nutritious lunch



Cutting skills



Hold the item with your non-dominant hand in a 'c' shape. Cut with your dominant hand

Eat Well Plate

The Eat Well Plate ensures we have a healthy, balanced diet

