

# Circle of Hope Project

Healthy Body, Healthy Mind, Healthy World  
Socrates—Comenius

# Planning Information Packs

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VM Ingleton Middle School, England

You are going to produce an information pack about healthy eating for children of your own age group.

You will need to include the following details:

- Government guidelines for healthy eating
- Suggested menus for meals for a day with reasons for your choice
- A shopping list
- The importance of cooking methods e.g. grilling, baking, roasting, boiling
- Hints for meal planning including reference to nutrients and the number of portions per day

You should use:

- Ideas from our discussions
- Government guidelines
- Other information booklets and leaflets
- Text books
- Internet

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