



Year 10 Summer Pack

In order to support your coursework in Year 11, we would like you to design a healthy diet for someone who is looking to take part in a health and fitness programme.

Your diet plan must have breakfast, lunch, dinner, snacks and drinks for a whole week. You can use the template on page 3 to complete your plan.

Please remember to consider the Eatwell Guide and the food pyramid. You should also factor in what you have learned in class such as:

- 2 litres of water a day minimum.
- No more than 150ml of fruit juice per day
- Fats and sugars used in minimal amounts
- 2 portions of protein per day
- Carbohydrates with every meal
- 5 portions of fruit and vegetables per day
- 2500 calories for men and 2000 for women

On the final page, I would like you to copy and paste any research you use from the internet, this is essential. You also need to say what website you got the information from. A couple of examples can be seen on the next page

This work should be completed when you arrive back in September

If you use the Eatwell guide to help you, you need to add a picture of the Eatwell guide and the website you got it from (not the whole link)
For example



“Spinach, garlic, red cabbage, sweet potatoes, broccoli, Kale, edamame, peppers, carrots, beetroot, peas and bok choy”

Please note - failure to show your research could cause you issues when you submit your coursework.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
DRINKS							

Research Notes

Extension Task – Use the page below to justify why your diet plan is healthy. Consider using the bullet points on page 1 to guide you.