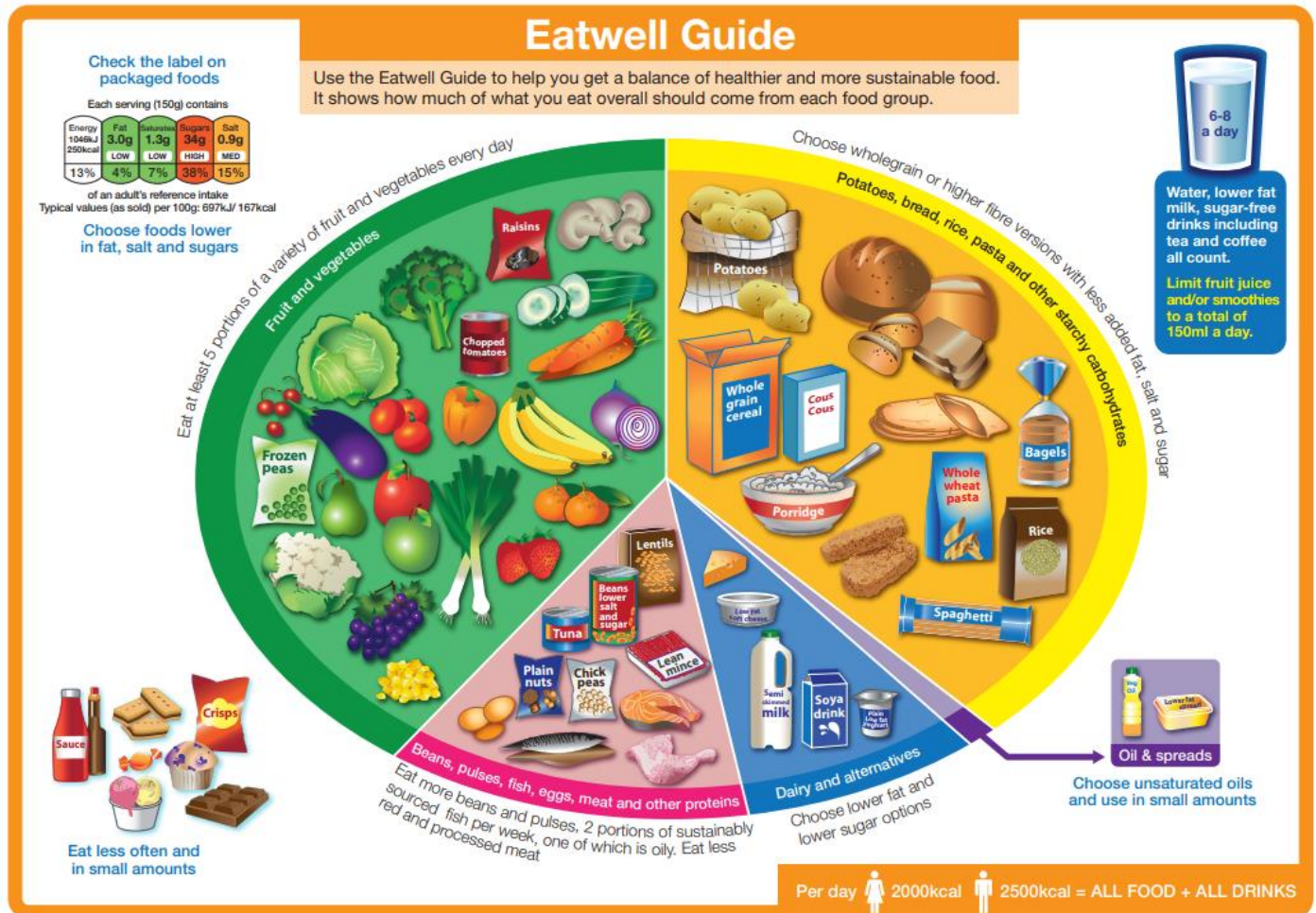


Healthy Eating Leaflet

Your task this week is to write a leaflet, giving information about how to eat healthily.

Do some research about healthy eating and the food groups. A good starting point might be the Eatwell Guide: www.nhs.uk/live-well/eat-well/the-eatwell-guide/. Make notes so you can remember the information from your research.



If you can, have a **look at some real leaflets** (they don't have to be about healthy eating). You might have a few at home that have been put through your letterbox, or you might have collected them at tourist attractions, or you could download some from the internet.

Decide how to present your leaflet:

- Think about how to make it eye-catching and easy to understand.
- Diagrams, pictures and layout.
- Sections to organise your information.



Hedgehog Class

Remember to include in your writing:

- **Correct letter formation** so it's easy to read
- **Pictures or diagrams** to help explain
- **Information** – real, relevant facts from your research
- **Phonics** - remember to use your phonics to sound out your words.

Swift Class

Remember to include in your writing:

- **A title** so the reader knows what the leaflet is about
- **Sub-headings** to separate the information into parts
- **Clear handwriting** so it's easy to read
- **Pictures or diagrams** to help explain
- **Information** – real, relevant facts from your research

Bee Class

As above, and also;

- **Topic/technical words**, e.g. protein, sugar.
- **Factual adjectives**, e.g. wholegrain, processed.
- **Conjunctions** to explain, e.g. because, therefore.
- Don't forget to use **facts**, not opinions!

Butterfly Class

Focus on **all** of the things above, and:

- Think about who your **audience** is going to be. How will this affect the language/formality of your leaflet.
- **Organisation** and **Layout**, e.g. bullet points/different sized font, text boxes
- Include an **opening statement/paragraph**, which often contains the most important information of the text. Why does the audience need to read on?