I can make informed decisions that have a positive impact on my health and wellbeing

Statement code no. HEJC3

I can:

<table>
<thead>
<tr>
<th>I have begun</th>
<th>I am working on this</th>
<th>I can</th>
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This has been demonstrated by my ability to:

1. Identify the nutrients and know why they are important to me
2. List the healthy eating guidelines
3. Describe the food pyramid
4. Research ways to be more healthy
5. Investigate healthy meals for an individual or family
6. Suggest ways to modify/change a recipe to make it healthier
7. Identify healthy cooking methods
8. Research and present to my class a suitable menu (dish) for a special diet
9. Prepare a room design
10. Identify the role of textile crafts as a leisure activity

Reflecting on my learning...

One thing I did well...

One thing I might improve...

I really enjoyed......because...