**Home Economics P7 Task**

Choose **one** of the following

* Eat more fruit and vegetables
* Eat more fibre
* Eat more fish

Task : Create Poster / powerpoint / word document / drawing / cut and paste / video

Success criteria

Your work should say

* How can you include more of this food in your diet?
* Why is it good for our bodies?
* What diseases can it help prevent?

To return work or ask questions contact: gw10kerriganjaclyn@glow.ea.glasgow.sch.uk