

Summer Task Food Students:

There are several acknowledged food related health issues, e.g.

1. Not eating enough fruit and vegetables
2. Not enough Fibre
3. Too much fat, especially saturated
4. Too much sugar
5. Over consumption of energy

Take any of the above examples and discuss in report form, (like a research piece) reference with evidence, statistics, media articles etc. Aim for a 2 page summary, using good English and Grammar.