

Recipe for Life

Student Name _____ Date _____

What do you need to live a healthy life?

For this task you need to use the language from recipes to create a 'recipe for life'. Design your recipe by writing and drawing the things you think would be beneficial for leading a healthy life.

There are six boxes, an example has been done for you: '4 servings of exercise a week.'



4 servings of exercise a week

1 helping of fruit a day

5 portions of vegetables a day