

PDHPE

NAME: _____

1. Refer to the *Healthy Eating for Children* pamphlet. Outline what each of the 5 guidelines means. **3 marks**

2. Identify the target audience for this information pamphlet. Justify your response. **5 marks**

3. Describe 2 goals you could implement to improve your healthy eating habits *eg increase my water consumption* **2 marks**
