

Designing for a target market

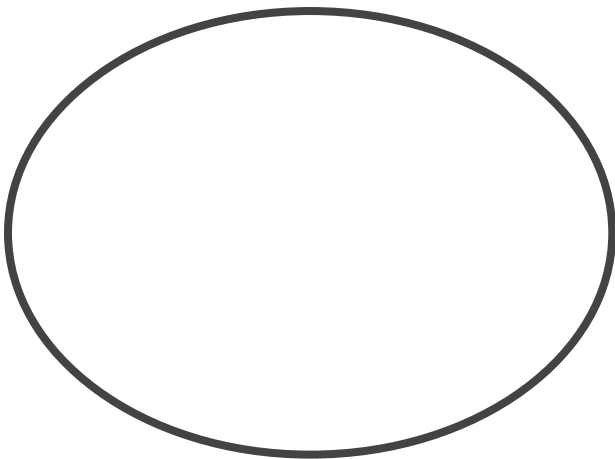
Design and technology - Cooking and nutrition: healthy and varied diets

Mrs Enock



Designing a healthy packed lunch

Healthy sandwich	Vegetables and dip	
	Fruit salad	Healthy treat



Ingredients needed for a healthy packed lunch

Write down what you will need to make your packed lunch

Sandwich choice

Vegetable/fruit choice

Healthy treat choice



Naming the types of ingredients

Fruit and vegetables

Carbohydrates

Protein

Fats and oils

