

# An introduction to what influences our food choices

Design and Technology - Catering to needs

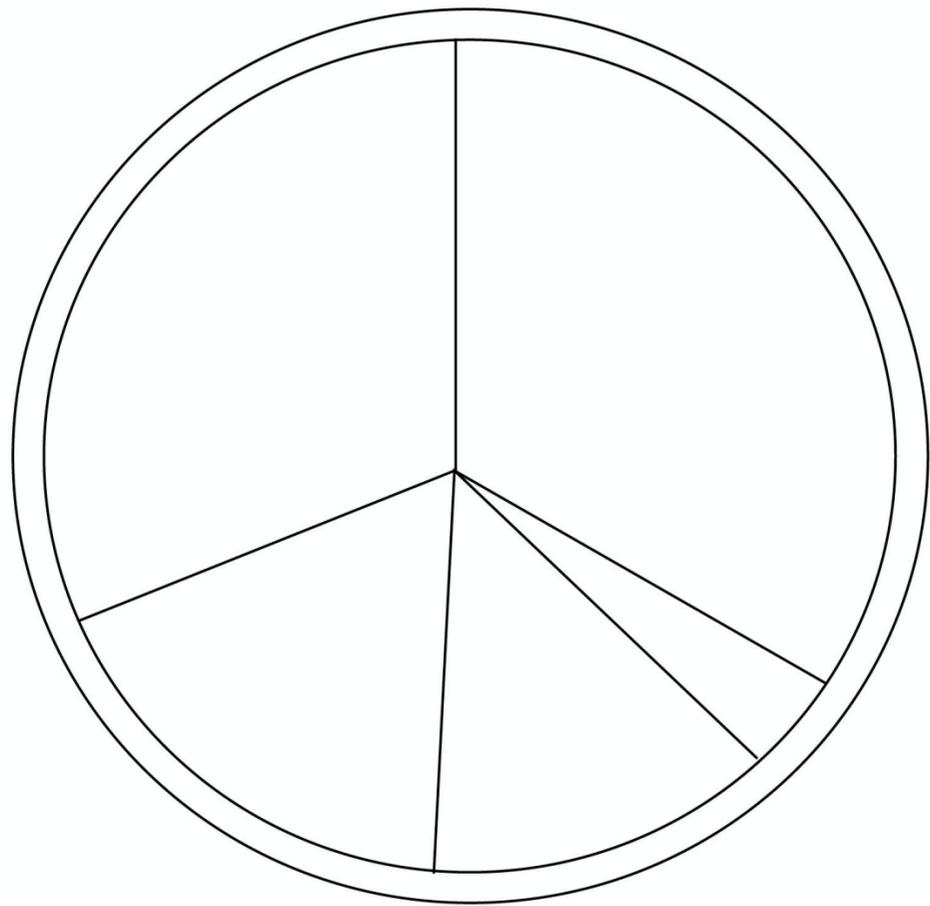
Mr Telfer



# The function of food

## Task

Complete the Eatwell guide - identifying which food goes where and its function.



Example:

Fruit and Veg

Eat 5 a day to get our source of minerals and vitamins to support our healthy immune system



