

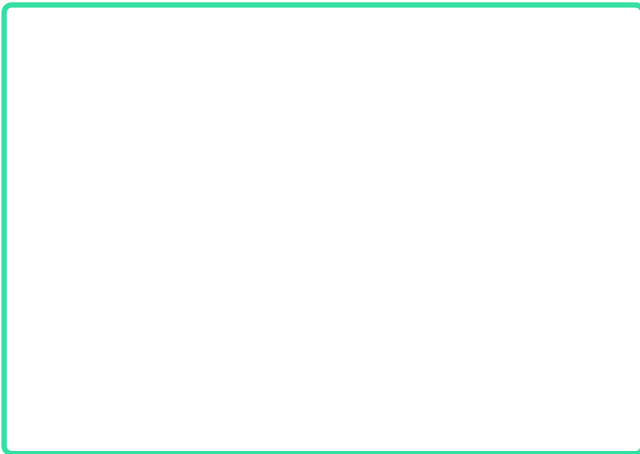
Name _____ Date _____

RECIPE FOR LIFE

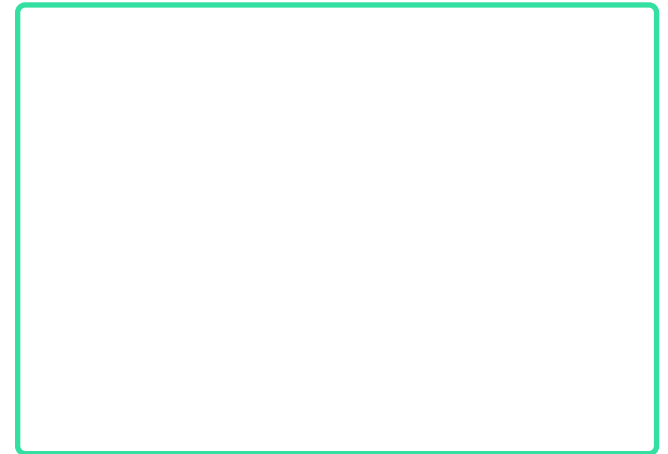
What do you need to live a healthy life?

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.

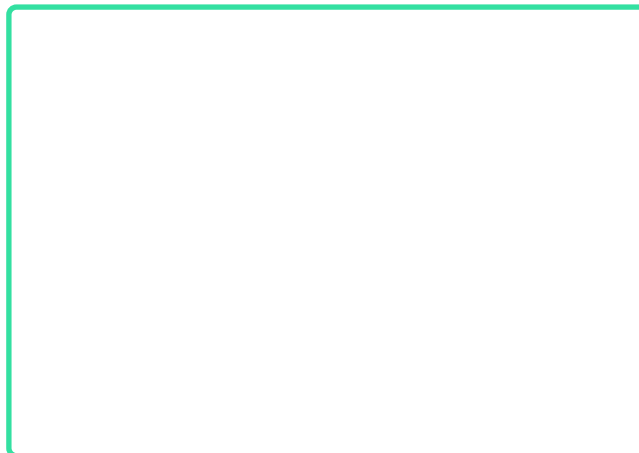
There are six boxes, an example has been done for you: '4 servings of exercise a week.'



4 servings of exercise a week



1 helping of fruit a day



5 portions of vegetables a day