

# Variety in the Diet

## Lets create a Poe-ster!

- Split the class into 4 groups and assign each group one of the shelves of the food pyramid (exclude the top two shelves)
- Each group has to create a poster for their assigned shelf.
- You have 15 minutes to do this.
- Two students from each group stand up and tell the class about their poster.
- **Top tip:** Aim to have as much variety as possible in each level of the food pyramid.

