ASDAN

Independent Living Module 2

Health & Fitness

1. Learners are to keep an accurate log/record of what they eat and drink for 2 days.
2. Incorporating Lesson 1 (Balanced Diet) make a list of what they think a good balanced diet would look like and compare your results against your diet record for the 2 days and document your findings.
3. Compare your diet with another friend/family member and discuss together ways in which both of your diets could have been better and healthier over the 2 days.

Remember to include information about the “Five a Day” and “What is a Balanced Diet” in your findings.

Can you please witness that the above has been carried out and sign and date the below to ensure we have documented evidence.

If you could take some photos of the learners dish that would be an advantage.

I can confirm that I have witnessed ..........................complete the above tasks on the ……………………… 2020.

Signed …………………………. Parent/Carer/Witness

If you have any problems with the above please contact your Tutor, Bryony at [bryony.reck-smith@macintyreacademies.org](mailto:bryony.reck-smith@macintyreacademies.org)