



# Diet and Exercise Planning

I can describe how diet and exercise impact on human bodies.



Write down notes for each of the headings. You will use these to write an information text.

**Healthy Diet:**

**Impact of a Healthy Diet:**

**Exercise:**

**Impact of Exercise**



# Diet and Exercise Planning

I can describe how diet and exercise impact on human bodies.



Write down notes for each of the sections. You will use these to create a healthy lifestyle brochure.

## Healthy Diet:

### Carbohydrates:

### Protein:

### Fats:

### Water:

### Fibre:

### Vitamins:

### Minerals:

## Exercise:

### Impact of Exercise