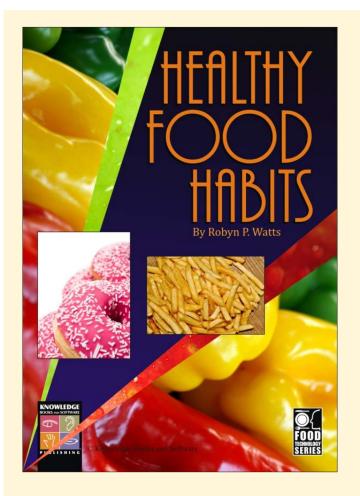
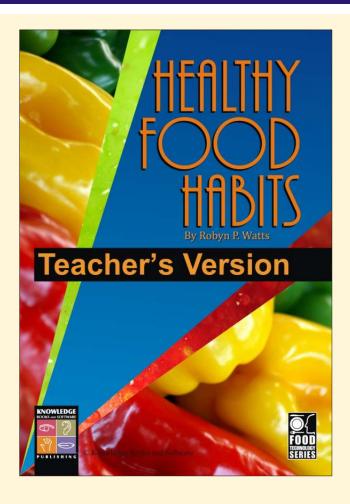
# HEALTHY FOOD HABITS





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There are many examples of foods that teenagers enjoy eating. Included are many different foods and recipe web sites. For instance, included are many coeliac, lactose intolerant, gluten free and eating less recipes to investigate. In the student book learners are encouraged to investigate and select from different web based activities and recipe types.

There are comparisons of different snack food labels and other food labels. Students have the opportunity to analyse the different snack foods and evaluate the different patterns of eating. The health information provides students with proof to make choices in developing healthy eating habits.

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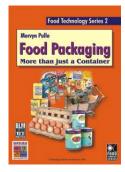
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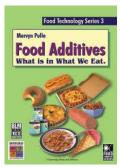
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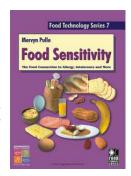
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