

Using research to develop design criteria

Design and technology - Cooking and nutrition: healthy and varied diets

Mrs Enock



Analyse and make notes for each packed lunch

Packed lunch 1

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Packed lunch 2

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Questionnaire

- 1) What kind of lunchtime snacks do you think are healthy?**
- 2) What healthy fillings would you eat in a sandwich?**
- 3) What types of fruit would you like me to use in my healthy lunch?**



Questionnaire

- 4) What types of vegetables would you like me to use in my healthy lunch?**
- 5) What foods that are high in salt and sugar should I avoid?**
- 6) What could I use or do to make my healthy lunch more appealing for a child to eat?**

