



Dish it up

'helping young people to choose,
cook and eat safe healthy food'



FOOD
STANDARDS
AGENCY



Dish it up is an interactive way for teachers to help young people aged 11-12 years to think about their food choices.

Activities in the CD-ROM tackle hygiene hazards, energy balance, body image and the 'balance-a-tron' helps young people make healthier food choices.

For more information about the Food Standards Agency's work with schools, visit: food.gov.uk/schools

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