

INSTRUCTIONS TO DO YOUR ACTIVITY SPACE

- 1) Firstly, you must understand what is requested in each stage. There are 5 stages, and the stage number 5 is the final project: *The Eating Wisely Menu*. With your group, you'll have to create a healthy menu for Tommy. The previous stages (from 1 to 4) include different activities with contents and information that you need to become familiar with in order to accomplish your final project at stage 5.
- 2) Stages 1 to 3 are compulsory. If you encounter any difficulty before you arrive at stage 3, go directly to the *Refuel* stage. Afterwards, you can either advance towards the *Finish line* stage 5, or come back over the previous stages where you found some problems.
- 3) Enjoy the journey and go with your flow. We don't need to hurry just to learn during the process ;)