

# Design Technology: Making a Healthy Pitta

## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

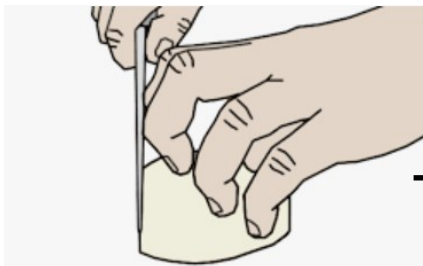
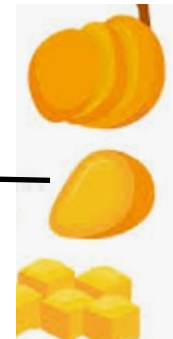


|          |              |
|----------|--------------|
| protein  | carbohydrate |
| fat      | dairy        |
| peel     | ingredients  |
| evaluate | pitta        |



Peeling

Slicing and cubing



Claw Grip



Mediterranean foods grow in the warm Mediterranean countries and include things like fruit, tomatoes and fish

