

**Task: Investigate Dietary Fibre. You are to find out:**

- **Why is dietary fibre important in our diets?**
- **What foods are high in dietary fibre?**
- **What are the problems associated with eating a diet that is not rich in fibre?**

**8 B**

- **Use at least one source of information to gather and present your project**

**8 D**

- **Use more than two or more sources of information to gather and present your project**
- **Include a survey or a quiz**

**8S**

- **Use three or more sources of information to gather and present your project**
- **Include a survey or quiz**
- **Make conclusions regarding your findings**
- **Your project will demonstrate a clear understanding of the role of Dietary Fibre in our diets.**

**8P**

- **As for silver, and will also show an understanding of different peoples' needs for dietary fibre.**