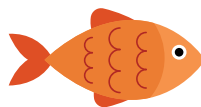
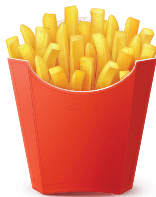
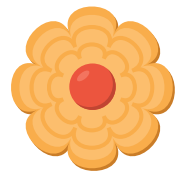


Healthy Eating

It is really important that we eat a variety of foods to keep ourselves healthy.

Cut out the pictures of food and sort them to show which are healthy and which are unhealthy.

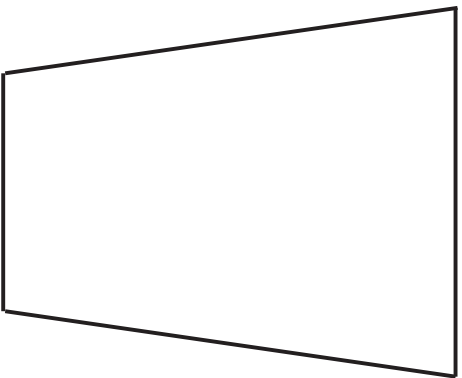


Healthy food choices

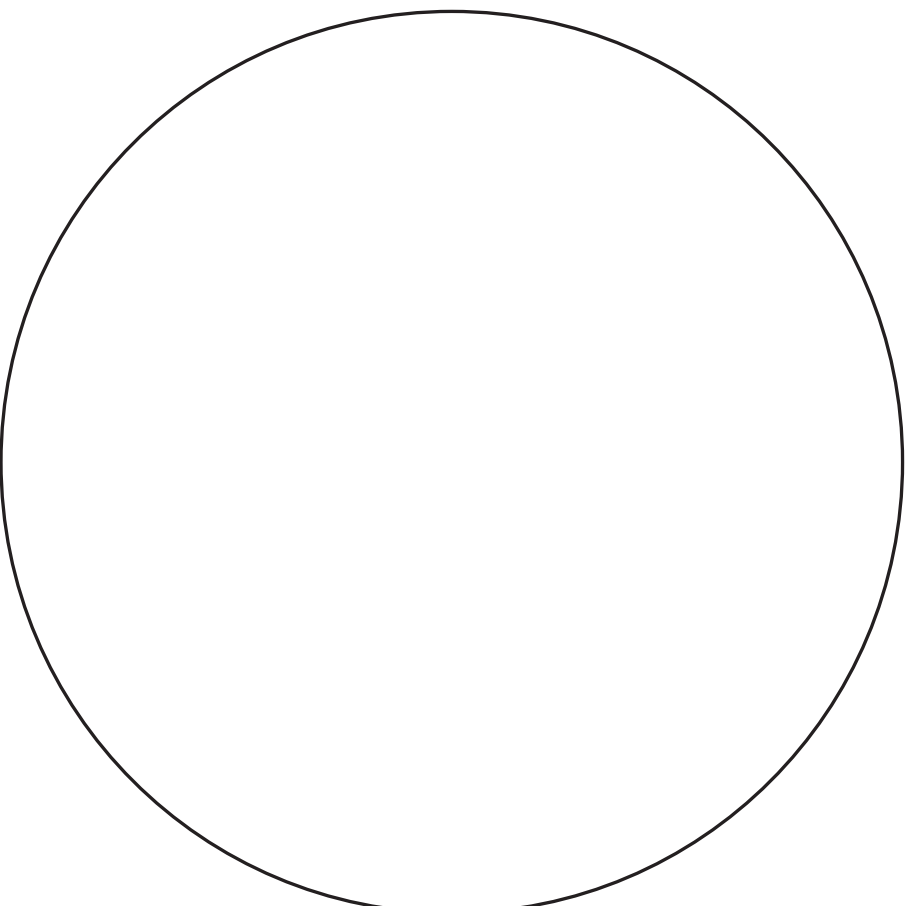
Unhealthy food choices

(It's ok to have these occasionally... but not all the time!)

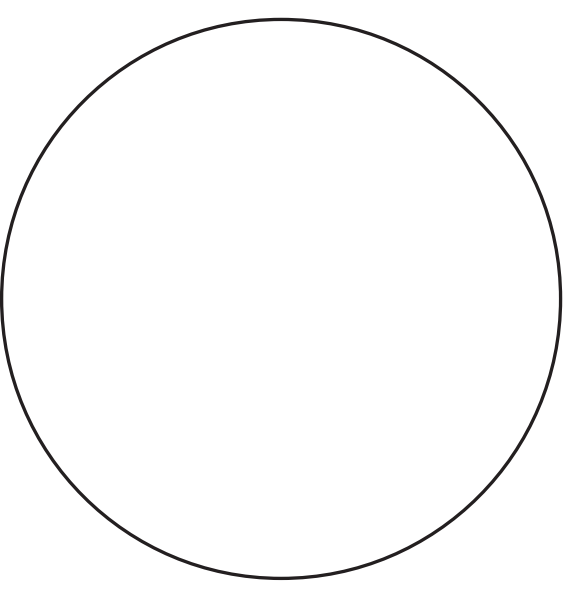
Now use this information to design a healthy meal for your family. Draw the food on the plate and add labels.



drink



dinner



dessert