



Healthy Diet

Before you begin discuss all of the different foods on the sheets below.

Ask questions such as:

What is this food called?

Have you tried it before?

Do you like it?

Why/ why not?

Where do you keep this food in your home?

What is your favourite food?

What is your favourite treat?

What did you have for lunch?

Explain that there are some types of foods we should eat for every meal as they are good for our bodies and they help us to grow big and strong. Discuss the concept of 'five a day.'

Other foods we can have less frequently, as they are not so good for our health and can cause tooth decay.

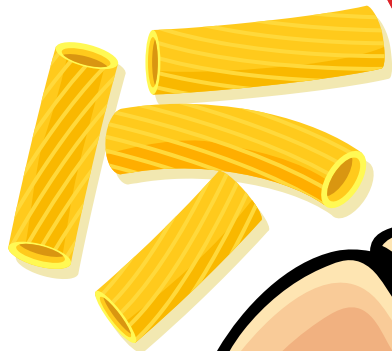
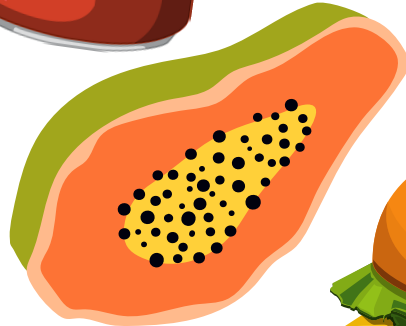
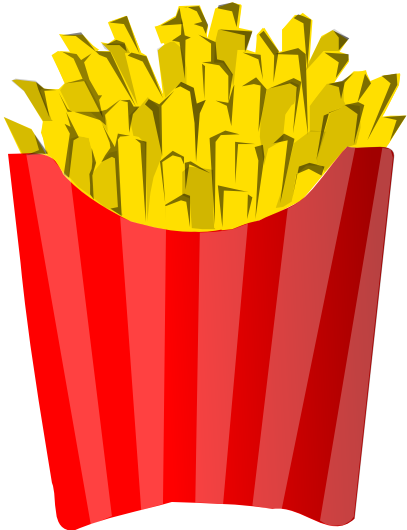
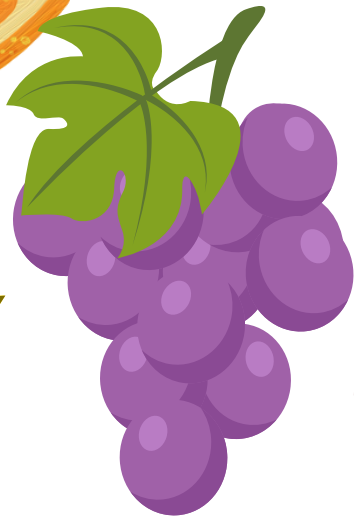
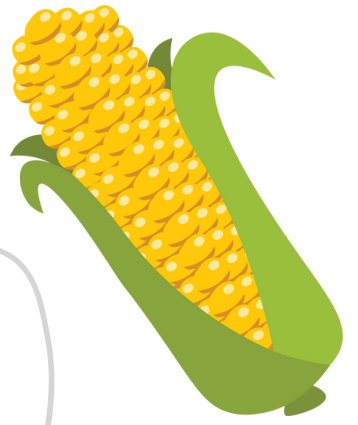
Cut out the pictures and sort them into healthy and unhealthy categories. You can stick them to the paper or leave it as a sorting game.

DO NOT PRINT - instructions



CHOCOLATE
BAR

CANDY



Healthy Foods

Unhealthy Foods