

Monday 12th October 2020

LO: To describe the importance of eating the right amounts of different types of food.

Steps to Success:

- I can understand what is meant by a 'balanced diet'.

- I can say which foods can be eaten freely, which should be eaten in moderation and which should be a treat.



Design a Healthy Lunchbox – What would you put in it?

Challenge:

Tell Miss Curious what your favourite food is and why.

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Well done. You have learnt about different types of food and eating the right amount.

L.O ✓✓

E. ✓✓

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apple
banana
biscuit
cake
carrot
cheese
cheese sandwiches chocolate
crisps
fizzy drink
fruit juice
green pepper
ham sandwiches
jam sandwiches
lettuce
orange
sausage roll
tomato

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Design a Healthy Lunchbox Lid

