



Healthy Eating

Eating healthy is important to keep our bodies fit and strong. We need lots of fruits and vegetables in our diets, and less fatty or sugary foods. Let's explore healthy eating!

Look at the foods below.

1. Can you find the foods in your house?
2. Can you find the foods in the shop?
3. Which foods are healthy or unhealthy?
4. Which foods are fruits or vegetables?
5. Which foods do you like or not like?

