

Tuesday 9th March

How to Choose Foods Your Body Will Use

Read pages 4-9. Answer your questions in your jotter.

There are some tricky words in this book. You can click on the words to hear them and help you read them.

Healthy Habits

1. What are 4 healthy habits to have?
2. How long will these habits keep you healthy for?
3. What are 4 things nutritious foods help your body to do?

Whole Foods

4. What are whole foods?
5. What are the five food groups?
6. Name a whole food for each group.

Processed Foods

7. What are processed foods?
8. Why do shops do this?
9. Why should you check the ingredients of packaged foods?