

Wednesday 10th March

Foods Your Body Will Use

Read pages 10-15. 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.

Junk Foods

1. What are some junk food?
2. Make a list of all the reasons junk foods are not good for you.

Energy In and Energy Out

3. What are calories?
4. What does your body use them for?
5. What happens if our bodies can't use all the calories?
6. What helps our body burn unused calories?

Meals and Snacks

7. What is happening when you feel hungry?
8. What are some nutritious snacks?
9. Why is it good to eat slowly?
10. What is the most important meal of the day? Why?