

Wednesday 10<sup>th</sup> March

You Want Me to Eat That?

Read pages 12-19. Answer your questions in your jotter.

1. What foods give our bodies protein?
2. How does protein keep our bodies strong?
3. What part of your body is fish good for?
4. What are dairy foods made from?
5. What mineral does dairy food contain? How does it help our bodies?
6. What are some foods that contain good fats or oils?
7. What does vitamin K do?
8. How do the Vitamins and minerals you eat reach all the parts of your body?
9. What is your favourite thing that you learned from your reading today?