

Thursday 11<sup>th</sup> March

You Want Me to Eat That?

Read pages p20-27. Answer your questions in your jotter.

Chapter 4- Good Health Tips

1. Why is breakfast the most important meal of the day?
2. a) Why are fizzy drinks not good for you?  
b) What are healthy drinks?
3. How much exercise should children get every day?
4. What are 3 benefits of being active?
5. Answer the questionnaires on page 27 to see how well you are doing at making healthy choices.
6. Answer the True or False questions on page 29 to see what you have learned.