

Thursday 11th March

Foods Your Body Will Use

Read pages 16-21. 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.

You have been learning about which foods are nutritious for your body. Fruits and vegetables are nutritious for your body because they are full of vitamins and minerals.

- Make a list of fruits and vegetables that you have tried before.
- How many fruits have you tried?
- How many vegetables have you tried?
- Tick the ones that you like.
- Are there any fruits and vegetables that you would like to try?
- Are there any other nutritious foods that you have read about that you would like to try?

<u>Fruits</u>	<u>Vegetables</u>