I Can Eat A Healthy Diet

- A healthy diet means eating the right balance of foods to look after my body.

- I can eat a healthy diet so that I keep fit and well. I can try to eat some of the following foods each day:

  - vegetables

  - fruit

  - grains

- I can try to not eat too much of the following foods each day:

  - chocolate and sweets

  - crisps and other snacks

  - sugary drinks

  - biscuits and cake

- If I eat a healthy diet my parents and other adults may be pleased with me.

- I can be healthy by eating a balanced diet. I will try to eat more vegetables, fruits and grains and less treats and unhealthy snacks.