

Keeping Healthy and Safe

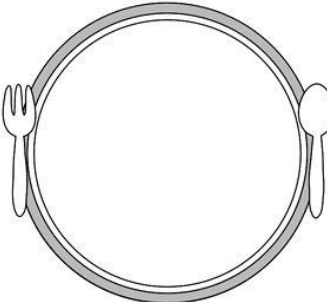
As we have been talking about the importance of keeping yourself by washing your hands, it is also very important to keep yourself healthy by eating lots of fruit and vegetables.

Today why not try some of these activities (always ask an adult first).

Task 1:	Make/ Prepare/ Choose a snack and drink for you and someone else
Task 2:	Design/ draw your favourite meal
Task 3:	Draw your meals from today

Name: _____

What Do You Like to Eat?
Write the name of your favourite food and draw it in your plate.



I like to eat _____

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