Room 5 students have prepared their own version of the “Australian Guide to Healthy Eating”. They found lots of colourful pictures of healthy and tasty food, and glued them onto a large pie, showing the comparative amounts of each type of food which should be eaten each day as part of a healthy lifestyle.

The students consolidated their knowledge by writing some ideas and goals for themselves.
Koby and Katie have learned a lot about making good food choices everyday.

Seth is sharing the importance of healthy food choices with his Dad.