

Healthy Food Learning

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.

1-3-2016 kendra
A Healthy Meal

To be as healthy as I can I need to eat alotst of Grains. I also need to have lost of sleep. I will try to drink hevs of milk. I know that you hav tow eat lost of vegetables and some Dairy. It is not healthy to egt not that mach of sleep. One healthy food that I love to eat is tomrtow.



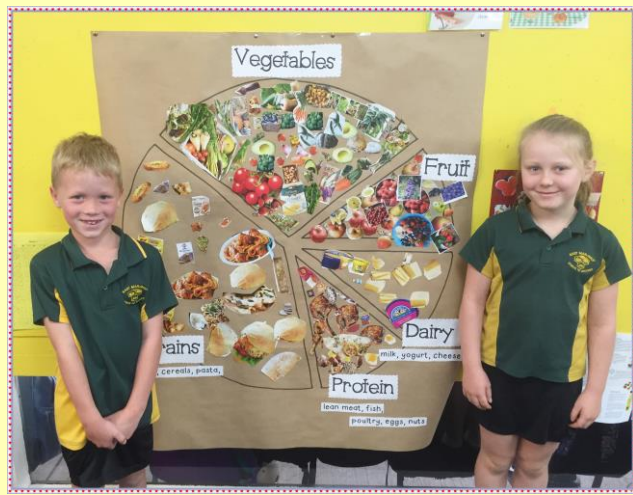
1-2 A Healthy Me! seth

To be as healthy as I can I need to eat lots of grains because they give enggy and it is yummy. I also need lots of vegetables because they are healthy. I will try to drink watre evry day. I no that dairy is one a daything. It is not healthy to drink cool drinks. one healthy food that I love to eat is a carite.

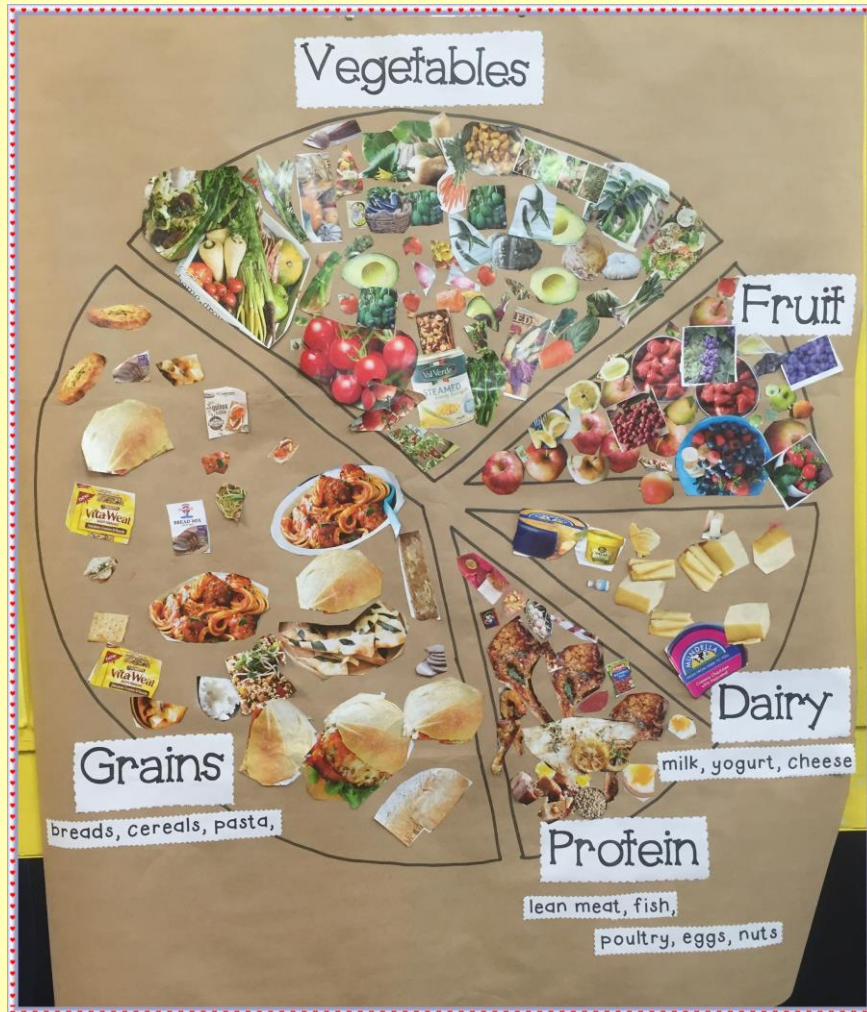
1-3-2015 maglan
A Healthy Meal

To be as helthy as I can, I need to eat heaps of grains and veagtables. I also need to eat fruit and protein. I will try to drink heaps of water every day. I know that I will have to try to eat five suvrs of veggies. It is not healthy to eat heaps of sugar, one healthy food love to eat is carots and potatoes.

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.

