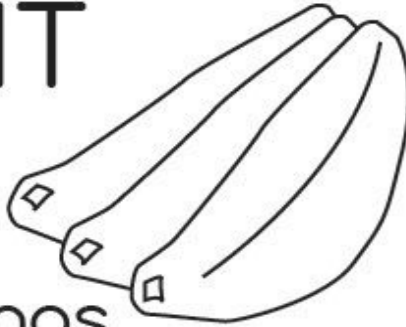


Why We Eat Food / Healthy Food Choices

1) Colour in the pictures:

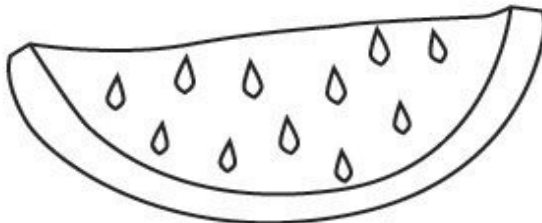
FRUIT



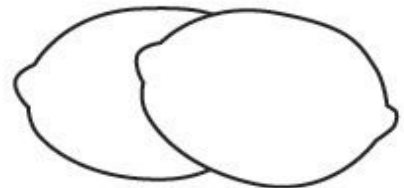
bananas



plums



watermelon



lemons



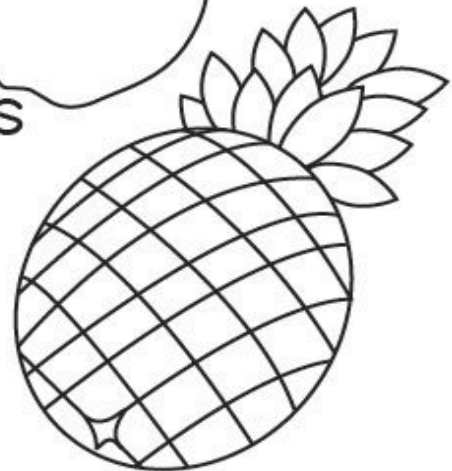
cherries



apples

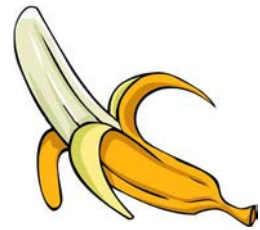
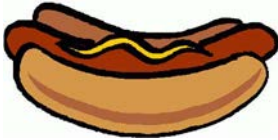


oranges



pineapple

2) Circle the healthy foods:



3) Your Coach Challenge!

Trying new foods is really important.
Your Coach Challenge:
Try 1 or more new foods!
Top tip - try making a fruit kebab and putting it in the freezer. Yum!



I have tried:

We hope you enjoy these resources. Please keep in touch on Social Media!



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