

Why We Eat Food / Healthy Food Choices

1) Complete the following sentences:

Food gives me **e** ___ **r** ___ .

Food keeps me **al** ___ **e**.

Some food gives me **nu** ___ **e** ___ **s** and **v** ___ **a** ___ **i** ___ .

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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