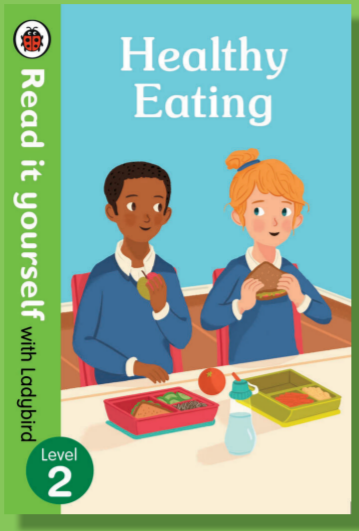




Healthy Eating



Eating the right food gives you energy and helps you to grow strong and healthy! A balanced diet is made up of the five food groups



Work with a friend
 Discuss how many portions of each food group you have had today

Read it yourself with Ladybird

Books about health, keeping active and the environment



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