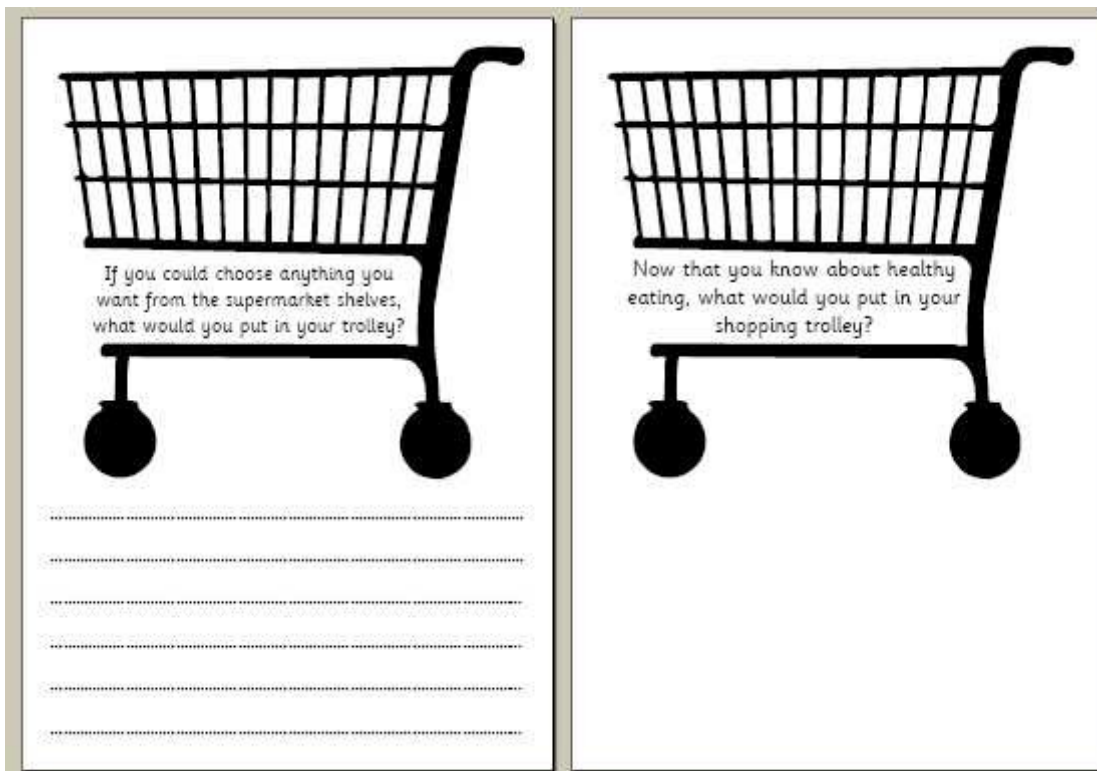


288. Healthy Eating Posters and Worksheets

- To understand that food is a basic requirement of life and that a variety of food is needed to grow, be active and stay healthy.
- To recognise the five food groups from the Balance of Good Health Model
- To appreciate the need for balance within the food groups.
- To appreciate the need for exercise as part of a healthy lifestyle.
- To understand that eating too much can make you fat and eating too little is bad for you.
- To demonstrate a knowledge of which foods are healthy and which are less so if eaten in excess.
- To understand that they have to take responsibility for what they eat and that this has an affect on their health.



low quality
samples only

Draw/Write/Label sheets relate to:

1. the main question asked at the start of PPT one - If you could choose anything you want from the supermarket shelves, what would you put in your trolley?
2. The main question asked at the end of PPT two - Now that you know about healthy eating, what would you put in your shopping trolley and what would you leave out?