

Healthy Eating



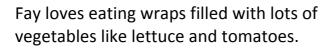
Fruits and vegetables grow in different parts of the world. E.g. Apples grow in the UK.

Task-

What vegetables or fruit did you eat today?









Make your own wrap with your favourite vegetables inside. Try our easy tortilla wrap recipe.





Healthy Eating

Different sized people need to eat different sized meals. We need to eat 'me size meals' like Micky.



Ask each family member to draw around their Task- own hand on a sheet of paper. This shows the different size meals that the family should









