



Healthy Eating

Max likes to eat crisps and sweets sometimes, but prefers to eat healthier snacks.



Task- Can you think of some healthier snacks that Max could try.



Healthy Eating

Fay likes trying new fruits and vegetables

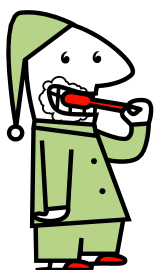
Task- Can you try a new fruit or vegetable at home? Did you like the taste, smell, feel of the fruit/vegetable? Colour in the face that best describes how you felt about the food.



Healthy Eating

Some foods and drinks make our teeth healthy. Others make our teeth unhealthy. Suzy Startwell brushes her teeth twice a day.

Task-



Can you think of one food and one drink that make our teeth unhealthy?

As a family brush your teeth before bedtime.

