PSHE



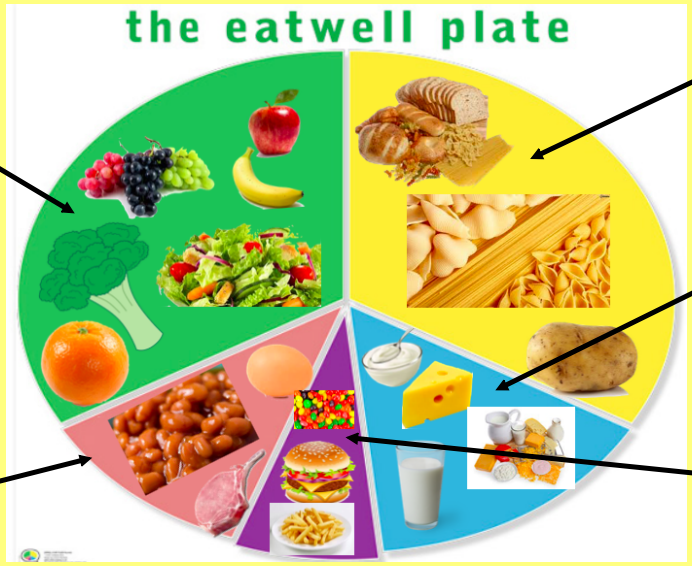
LO: To know how to eat a healthy diet.

What food do you like? Any favourite meals or snacks?

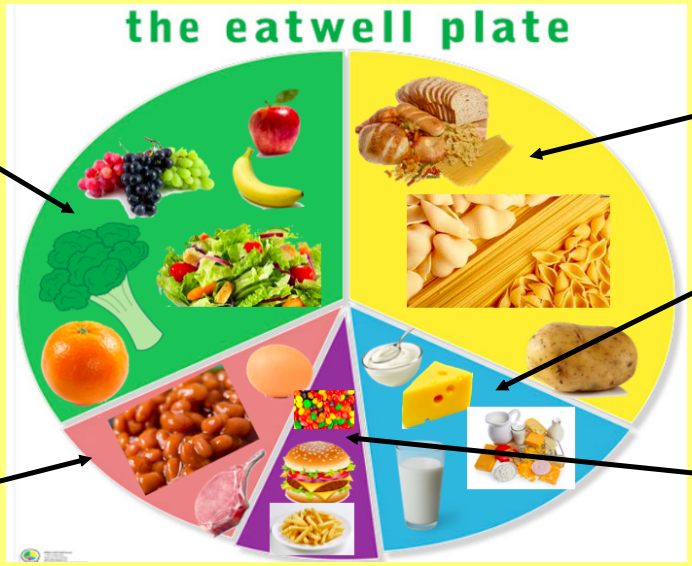
What makes a healthy diet? What things do we need to eat to be healthy and have a balanced diet?



What are the titles for each part of the eat well plate?



What are the titles for each part of the eat well plate?



Fruit and Vegetables

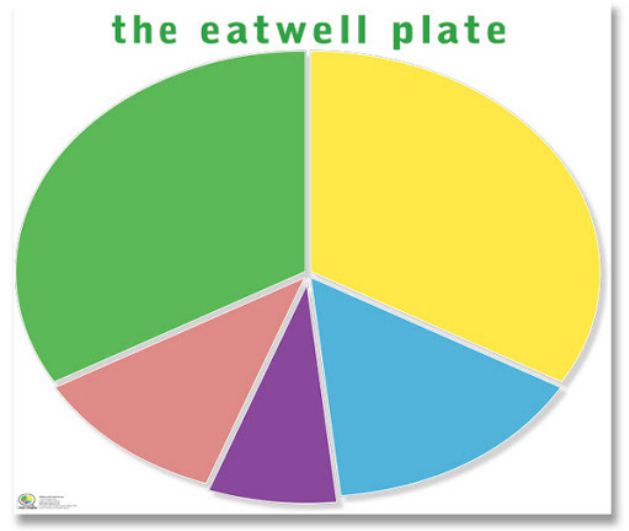
Carbohydrates

Dairy

Foods high in fat and sugar

Protein

Let's think about the food we listed earlier. Where would it go on the eat well plate?



My eatwell plate!

