

## Week 2 Healthy Eating

Let's

Talk

Name \_\_\_\_\_

List some healthy foods.

A worksheet for a healthy eating activity. The page is filled with horizontal blue lines for writing. In the top right corner, there is a blue speech bubble containing the text "healthy foods.". In the bottom right corner, there is a blue speech bubble containing the question "Why is eating healthy food important?". The rest of the page is blank for drawing a healthy meal.

## Why is eating healthy food important?

