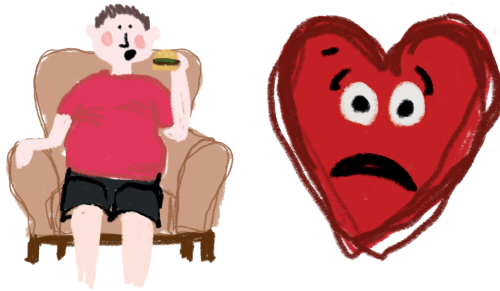


Lesson 2 Healthy Eating Year 3 | Journaling Scaffold

Name

1. What is the danger of eating too much fat?



2. Write a list of ten fruits and vegetables.



3. Why is it important to have five servings of fruit and vegetables a day?

VOCABULARY:

fruits
obesity
digestion
servings
vegetable
sugar
immune system
minerals
diet

HELPFUL QUESTIONS AND PHRASES

What did you learn in this lesson?

In this lesson I learnt.....

How can you use today's learning in your life?

I can use today's lesson when

List two interesting ideas from today's lesson.

I found interesting because

Draw something about today's lesson.

