

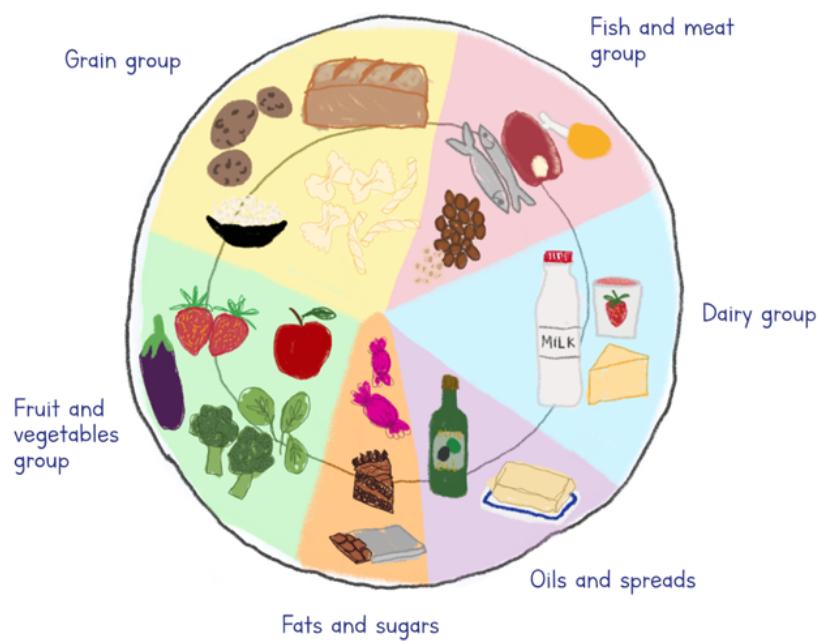
# Lesson 2 Healthy Eating Year 2 | Journaling Scaffold

Name .....

1. How does food keep us safe and healthy?



2. What are the different foods that we need?



VOCABULARY:

energy  
sugars  
vitamins  
protein  
dairy  
minerals  
diet  
carbohydrates

## HELPFUL SENTENCE STEMS

- 1) Food keeps us safe and healthy because \_\_\_\_\_.
- 2) The different foods that we need are \_\_\_\_\_.
- 3) This lesson is important because \_\_\_\_\_.

