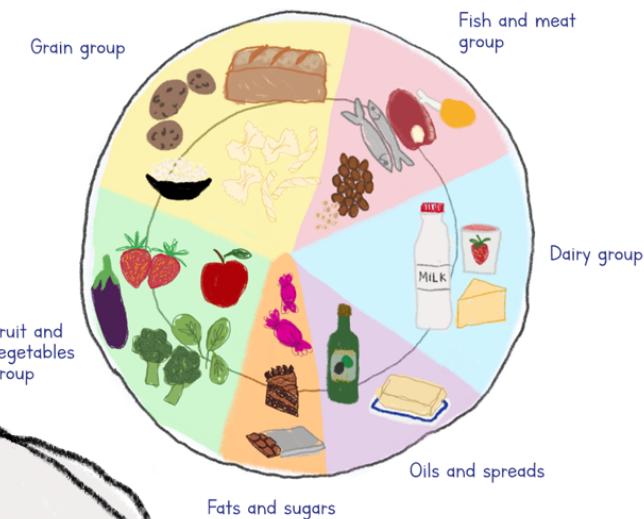


Lesson 2 Healthy Eating Year 4 | Journaling Scaffold

Name

1. What are the different food groups?



2. Can you give an example of a healthy lunch?

3. Why is it important to have a balanced diet?

VOCABULARY:
balanced
dairy
Eat Well Plate
diet
grain
sugars

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.

