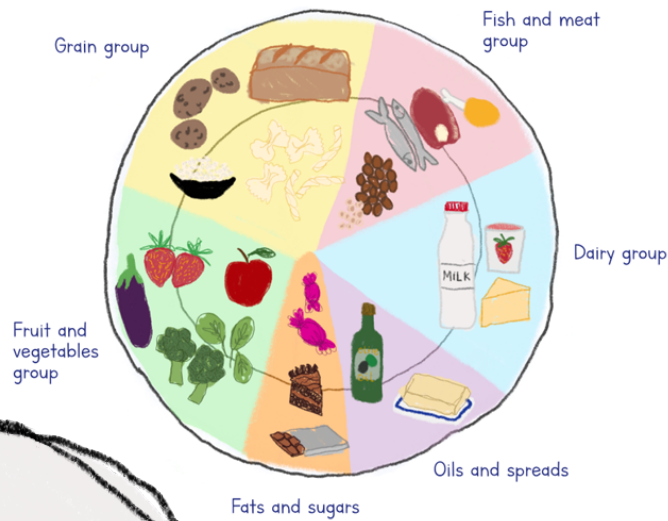


# Lesson 2 Healthy Eating Year 4 | Journaling Scaffold

Name .....

1. What are the different food groups?



## VOCABULARY:

balanced  
dairy  
Eat Well Plate  
diet  
grain  
sugars

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

3. Why is it important to have a balanced 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.