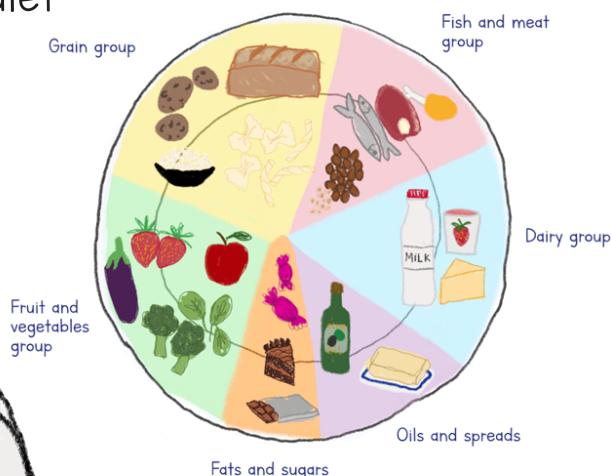


Lesson 2 Healthy Eating Year 5 | Journaling Scaffold

Name

1. Why is a balanced diet important?



2. What makes a healthy breakfast?



3. List three positive eating habits to support mental health.

VOCABULARY:
obesity
digestion
hydrated
calories
consuming
metabolism
aerobic
Eat Well Plate
balance

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.

