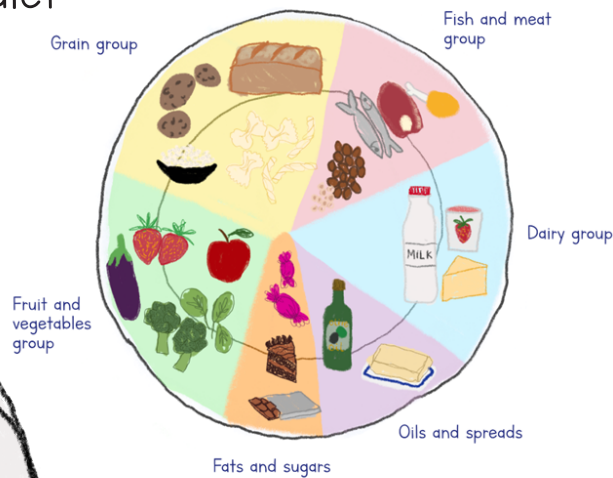


# Lesson 2 Healthy Eating Year 5 | Journaling Scaffold

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.

