

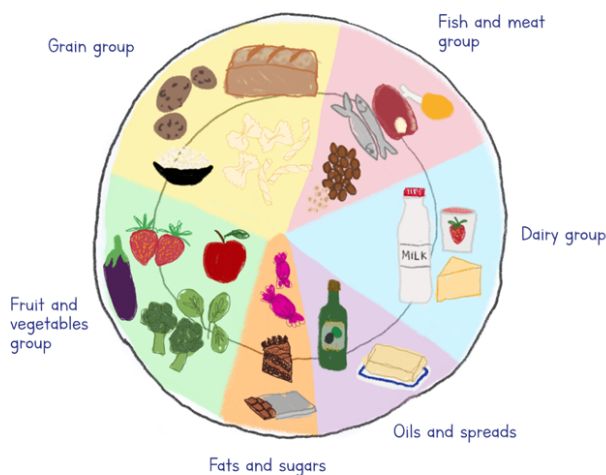
Lesson 2 Healthy Eating Year 6 | Journaling Scaffold

Name

1. What are the benefits of a balanced diet?



2. What is an example of a balanced meal?



3. List some unhealthy foods.

VOCABULARY:

obesity
immune
system
cholesterol
calories
diabetes
aerobic
diet
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.

