

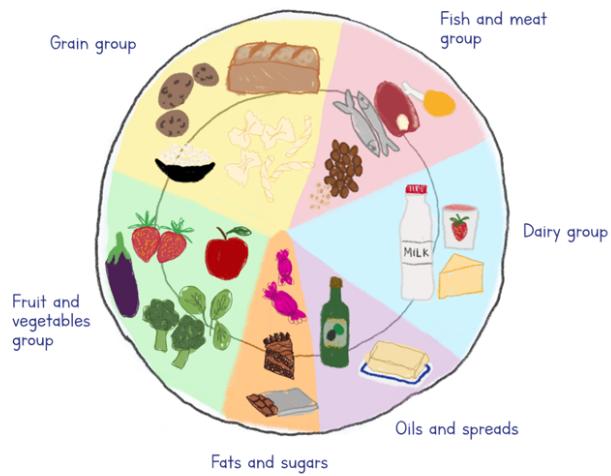
# Lesson 2 Healthy Eating Year 6 | Journaling Scaffold

Name .....

1. What are the benefits of a balanced diet?



2. What is an example of a balanced meal?



3. List some unhealthy foods.

## 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.



**VOCABULARY:**  
obesity  
immune system  
cholesterol  
calories  
diabetes  
aerobic diet  
balance