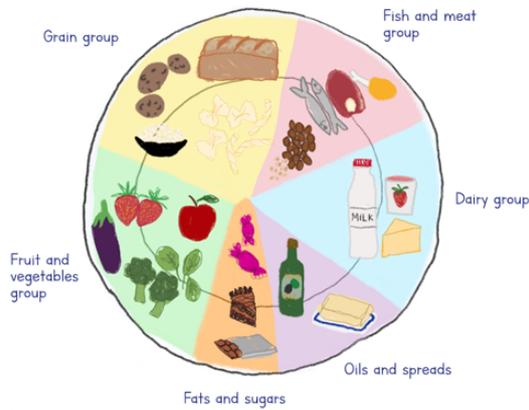


Lesson 2 Healthy Eating Year 3 | Journaling Scaffold

Name

1. Explain the Eat Well Plate.



2. Write a list of ten fruits and vegetables.



VOCABULARY:

fruits
digestion
servings
vegetable sugar
immune system
minerals
diet

3. Why are fruits and vegetables good for us?

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.