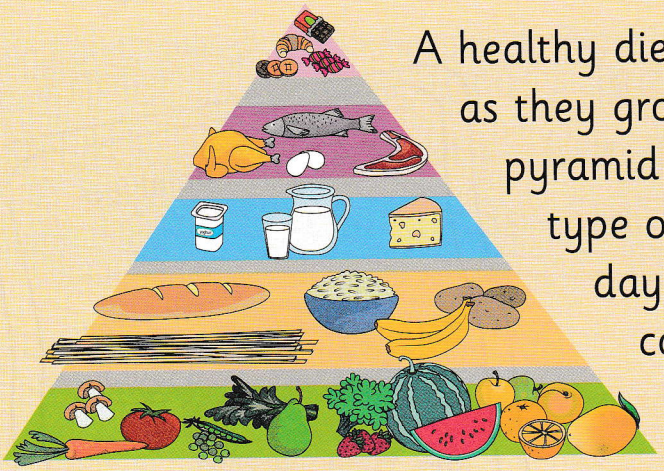
Slideshow video

Healthy Food is Good for Me



A healthy diet is important for children as they grow and develop. The food pyramid tells us how much of each type of food we should eat each day. Fruit and vegetables contain lots of vitamins and minerals. Bread, pasta, potatoes and rice give us energy. Dairy products are high in calcium and are important for healthy bones and teeth. Meat, fish, eggs and beans help our muscles and bones to grow. Sweets, chocolate, cakes, crisps and fizzy drinks should be kept as treats.

Choose a word to complete each sentence.

_____ contains vitamins.

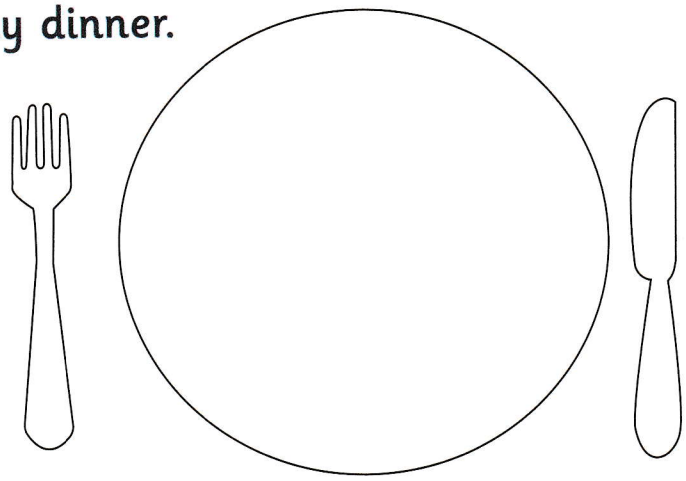
_____ gives us energy.

_____ is good for our bones.

_____ helps us to grow.

_____ is a treat.

Draw a healthy dinner.



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