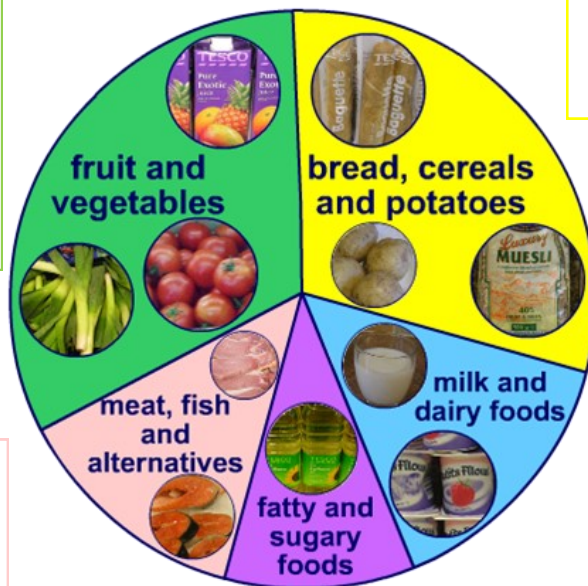


Food Technology - Healthy Lunches!

We know it is really important to eat the right kinds of foods to keep our bodies healthy. Here are some of the things we should eat and why.

Fruits and vegetables give our bodies vitamins so that all its parts work properly. We should eat at least 5 different fruits of vegetables a day!



Bread cereals and potatoes are known as carbohydrates. They give us lots of energy!

Dairy foods contain something called calcium, which keeps our bones nice and strong!

This area is called 'proteins'. Don't worry if you don't eat meat, there are plenty of alternative foods to give you protein! Protein makes your muscles get stronger!

It's okay to have a treat every now and then, but we don't want to eat too many of these foods every day!

This week, we want you to make a healthy lunch with your grown ups and think about the types of food you should be including. We would love it if you could take a picture of your plate and label all the different food groups you have been eating! We can't wait to see! Happy lunching!

