

Bea's Garden of Healthy Treats!

Eat a rainbow every day to feel bright, bold, and ready to play!

- Eating a crunchy apple or a juicy pear gives your body the energy to run, jump, and play with your friends.
- Vegetables like carrots and broccoli help your eyes see clearly and your bones grow big and strong.
- Drinking plenty of cool, clear water keeps your brain sharp and helps you stay hydrated while you learn.
- A balanced plate has many colours, like red tomatoes, green peas, and yellow bananas.
- Treats like cakes or sweets are fun sometimes, but healthy foods are the best fuel for our bodies every single day.

Did you know? Did you know? Bea the honeybee loves to visit colourful flowers, but she also knows that eating lots of different coloured fruits and vegetables gives humans the energy they need to buzz around all day long!

Key vocabulary: Fruit · Vegetable · Energy · Nutritious · Balanced · Water