

Bea's Healthy Eating Word Mat

Learning objective: To identify healthy food choices and understand why our bodies need a variety of foods to grow and stay strong.

Key Vocabulary

Use this word mat to help you talk about healthy choices. The words are grouped into categories: 'Good for Growing', 'Energy Foods', and 'Treats'.

Bea the Bee loves...	Why is it importa...	Can you name on...
If a healthy snack...	Why do we call s...	