My Healthy Eating Fact-File with Bea the Bee

Learning objective: To identify healthy food choices and understand how they help our bodies grow and stay strong.

Help Bea the Bee collect information about healthy foods! Talk to your teacher or a grown-up about the different food groups, then draw and write about your favorite healthy snacks and why they are good for you.

Word bank: fruit · vegetable · energy · strong · vitamins · snack · colorful · healthy · water · growth

1. My Favorite Fruit: Name a fruit you enjoy eating and describe what color it is.

2. My Favorite Vegetable: Name a vegetable you like and say why you think it is good for your body.

3. A Healthy Lunch: If you had £3 to spend at a market, which healthy items would you choose to buy for a picnic?

4. Feeling Good: How does your body feel after you eat a healthy snack instead of a sugary treat?

5. Bea's Tip: What is one thing you can drink to help your body stay hydrated and healthy?

Extension challenge: Create a 'Rainbow Plate' at home by drawing or cutting out pictures of different colored fruits and vegetables to show a balanced meal.