

# Healthy Eating Word Mat

*Learning objective: To learn and understand key vocabulary related to healthy eating and nutrition.*

Key Vocabulary

Use this word mat to help you talk about food and health. Look at the categories to help you find the right word. You can use these words in your science or PSHE lessons.

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|----------------------|--------------------|----------------------|
| Which food group...  | Why do we need ... | What is the name ... |
| Why is it importa... |                    |                      |