

My Healthy Eating Workbook



Name.....

Class.....

Name..... Date.....

Healthy Foods

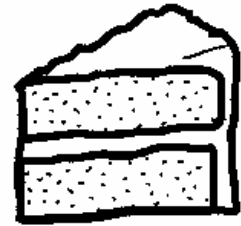
Draw a circle around the foods that are good for you.



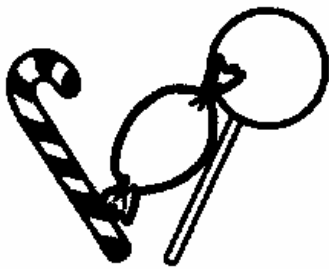
apple



chips



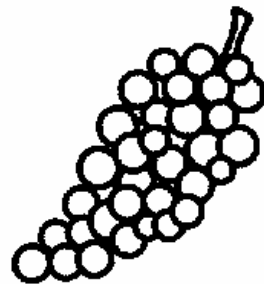
cake



sweets



banana



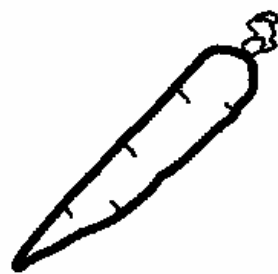
grapes



broccoli



burger

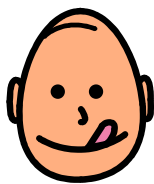


carrot

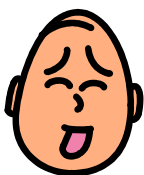
Now, colour in the good foods.

Name..... Date.....

Healthy Foods



These foods are good for you



These foods are bad for you

Name..... Date.....

Healthy Foods



Cut and Paste



vegetables



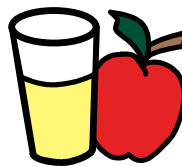
milk



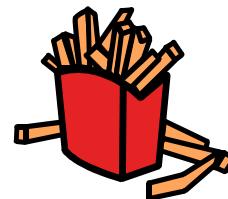
biscuits



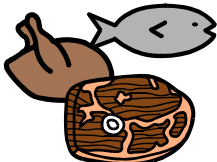
candy floss



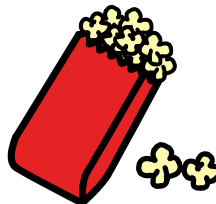
apple juice



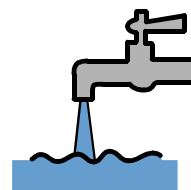
chips



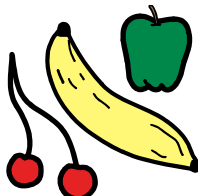
meat and fish



popcorn



water



fruit



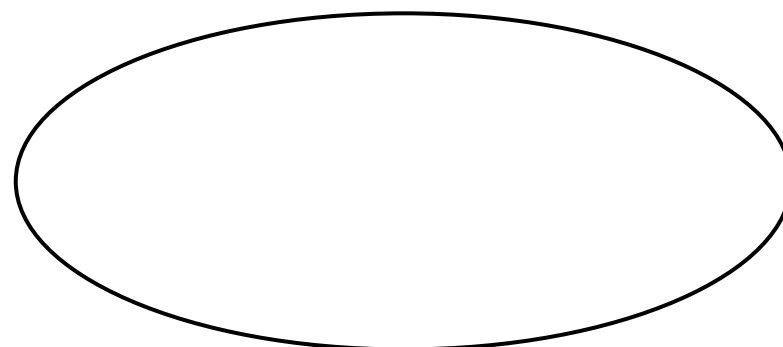
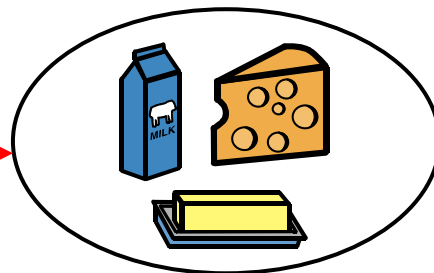
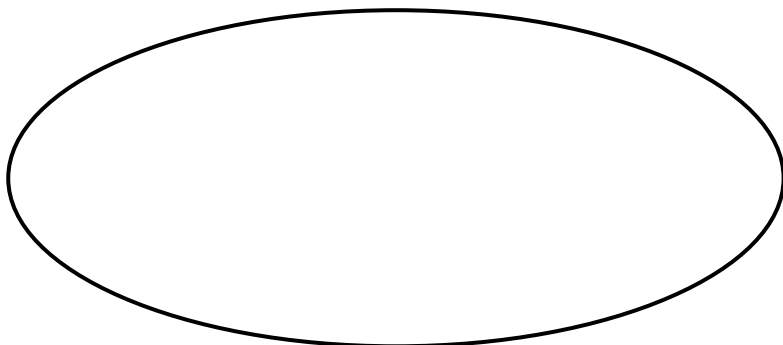
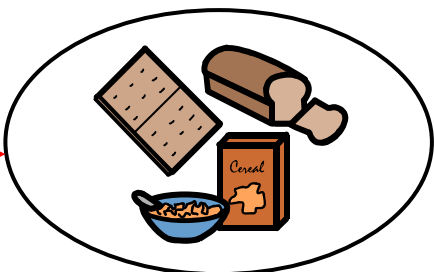
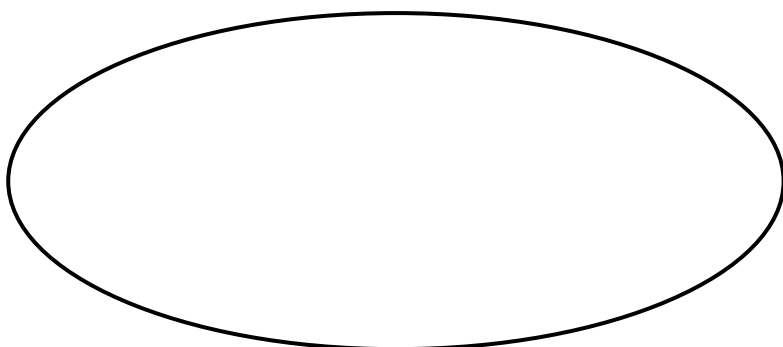
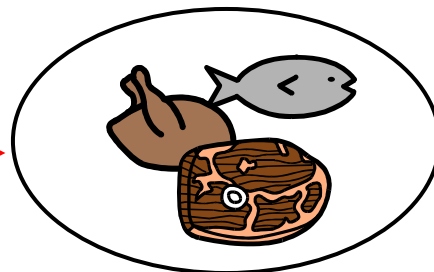
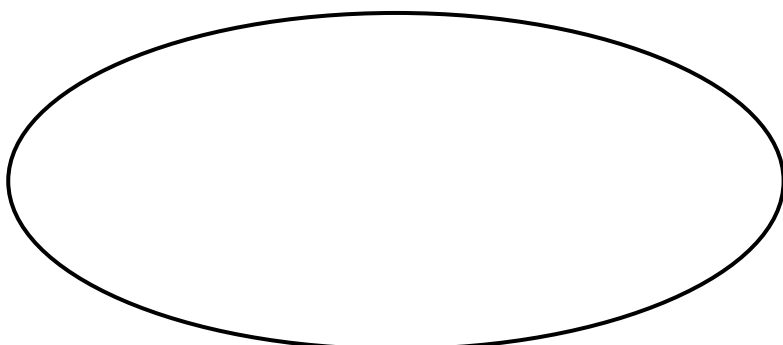
fizzy drinks



yoghurt

Name..... Date.....

Healthy Foods - Food Groups

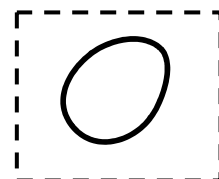
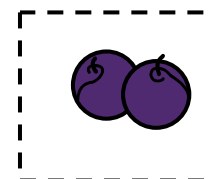
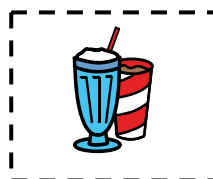
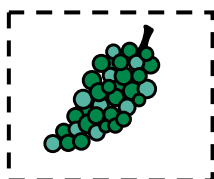
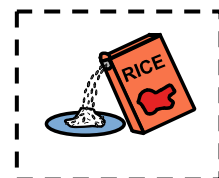
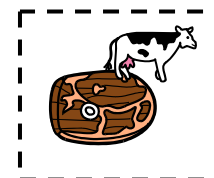
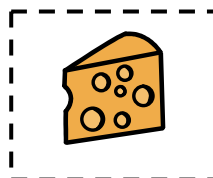
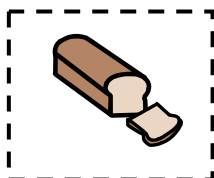
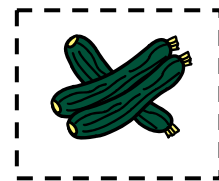
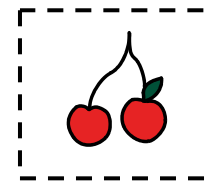
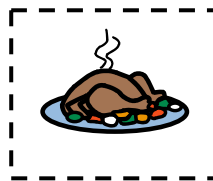
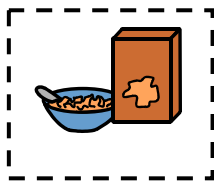
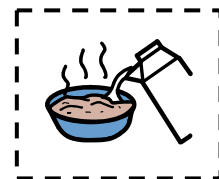
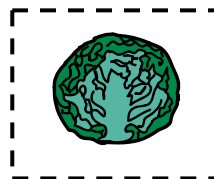
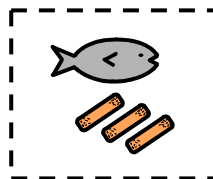
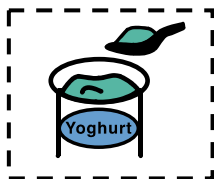


Name..... Date.....

Food Groups



Cut and Paste



Name..... Date.....

Healthy Eating



Cut and Paste



Fruits and
vegetables



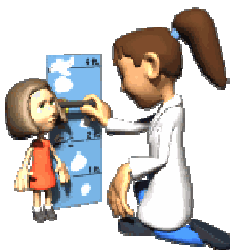
Meat, fish and
proteins



Bread, potatoes
and other
carbohydrates



give us energy.



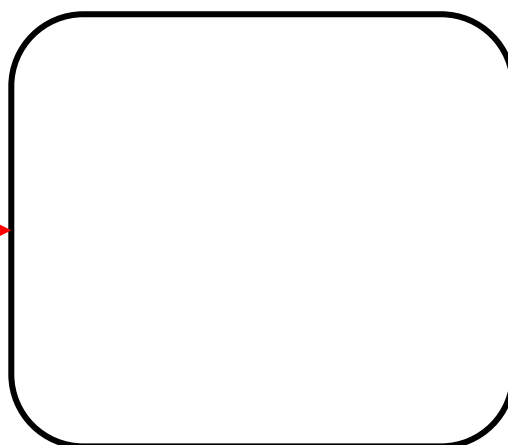
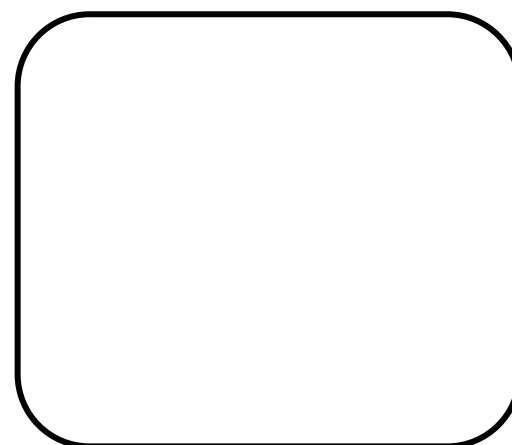
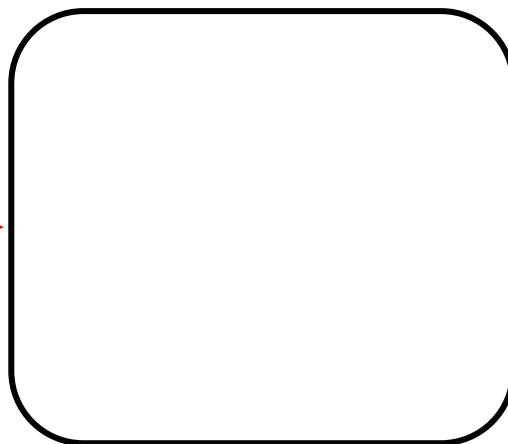
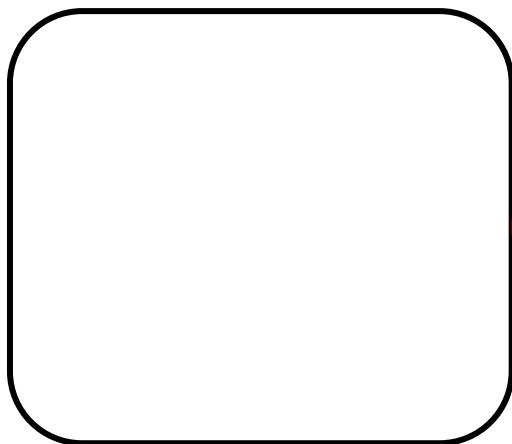
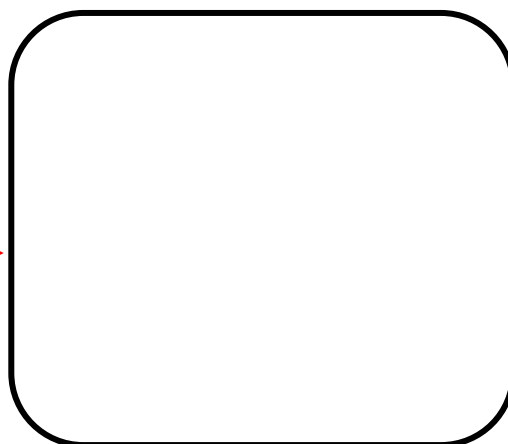
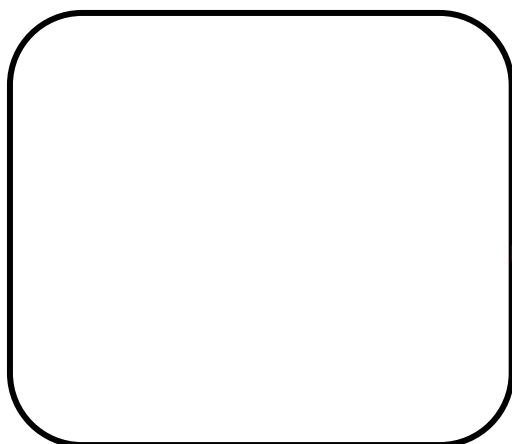
help us grow.



keep us healthy

Name..... Date.....

Healthy Eating



Name..... Date.....

Types of Vegetables



Vegetables you cook



Vegetables for salad

Name..... Date.....

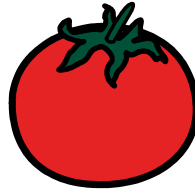
Types of Vegetables



Cut and Paste



broccoli



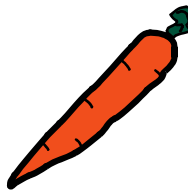
tomato



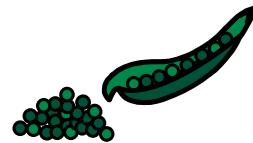
lettuce



cauliflower



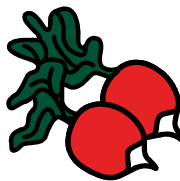
carrot



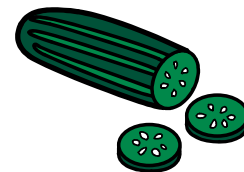
peas



corn



radishes



cucumber



butternut squash

Name..... Date.....



My Healthy Menu

Breakfast

Lunch

Dinner