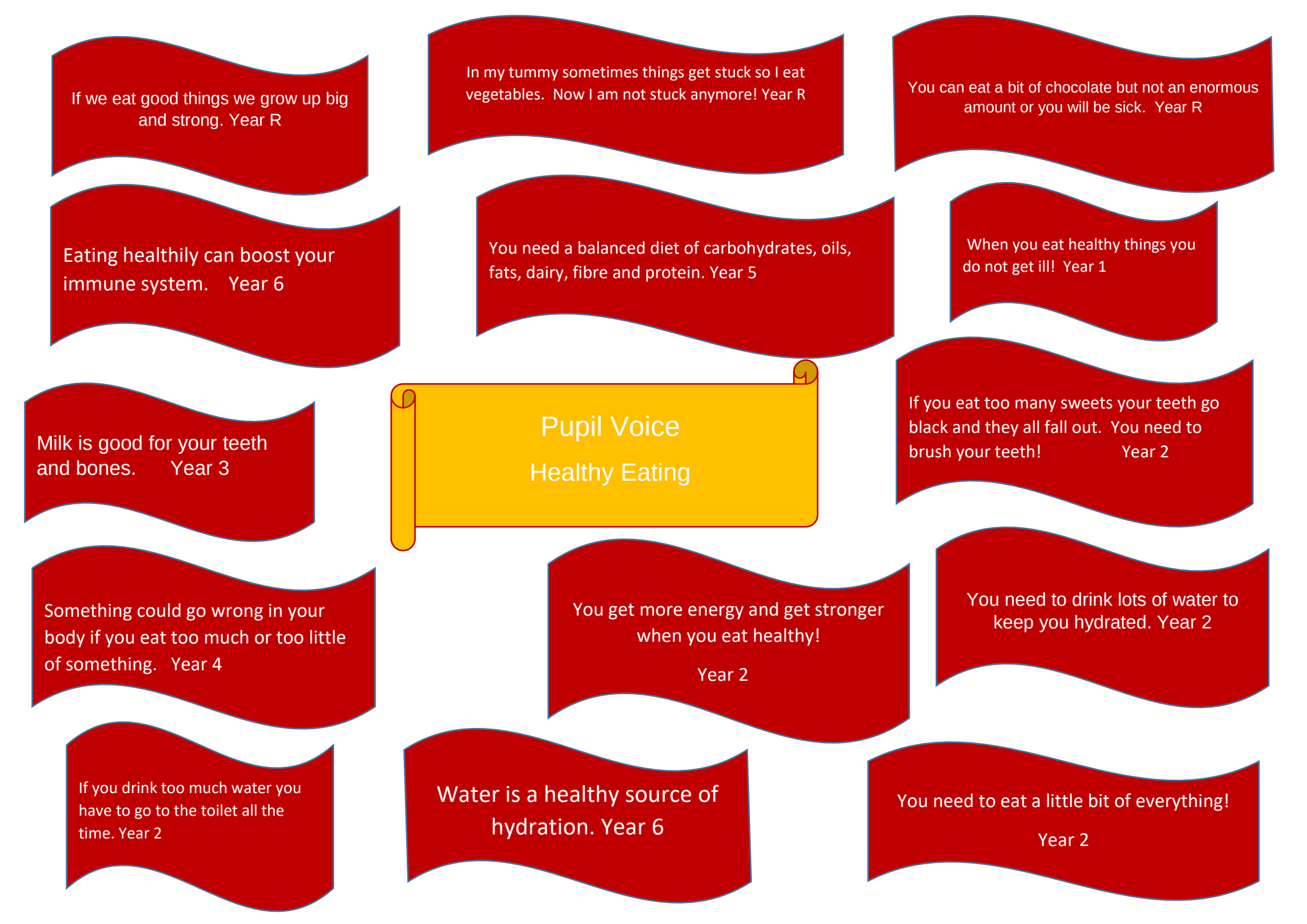
If we eat good things we grow up big and strong. Year R
In my tummy sometimes things get stuck so I eat vegetables. Now I am not stuck anymore! Year R
You can eat a bit of chocolate but not an enormous amount or you will be sick. Year R
Eating healthily can boost your immune system. Year 6
You need a balanced diet of carbohydrates, oils, fats, dairy, fibre and protein. Year 5
When you eat healthy things you do not get ill! Year 1
Pupil Voice
Healthy Eating
Milk is good for your teeth and bones. Year 3
If you eat too many sweets your teeth go black and they all fall out. You need to brush your teeth! Year 2
Something could go wrong in your body if you eat too much or too little of something. Year 4
You get more energy and get stronger when you eat healthy!
Year 2
You need to drink lots of water to keep you hydrated. Year 2
If you drink too much water you have to go to the toilet all the time. Year 2
Water is a healthy source of hydration. Year 6
You need to eat a little bit of everything!
Year 2