CHOOSING NUTRITIOUS FOODS AND SNACKS

HEALTH AND FAMILY LIFE EDUCATION

PRIMARY SCHOOL

LEVEL ONE-INFANT ONE/TWO

MINISTRY OF EDUCATION

CURRICULUM PLANNING AND DEVELOPMENT DIVISION

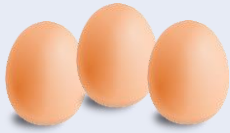
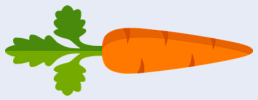


Hello! Let us learn about food.

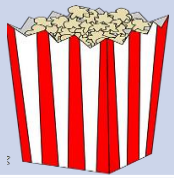
Food comes from plants and animals. People eat food to stay alive.

The foods we eat come from plants and animals.



Examples of foods from plants	Examples of foods from animals
Cabbage 	Eggs 
Carrot 	Milk 
Pumpkin 	Fish 

Examples of Healthy Snacks

Healthy Snacks	
Bananas	
Carrots	
Popcorn	
Yogurt	

How to eat from all of the food groups?

Eat foods from each of the six (6) food groups.

Practice Activities
Complete the activity with a parent or teacher.

Read then answer the questions below.

1. Mia went to the store with her mother to buy a snack. Help Mia choose a healthy snack.

Directions: Look at each picture. Put a tick in the box with a healthy snack.

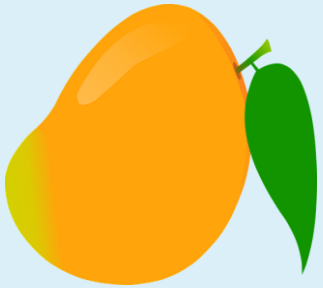
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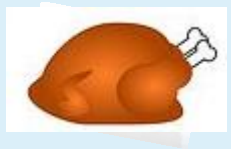
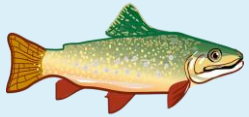
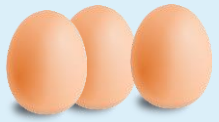
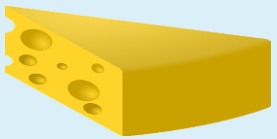
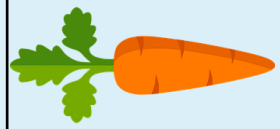


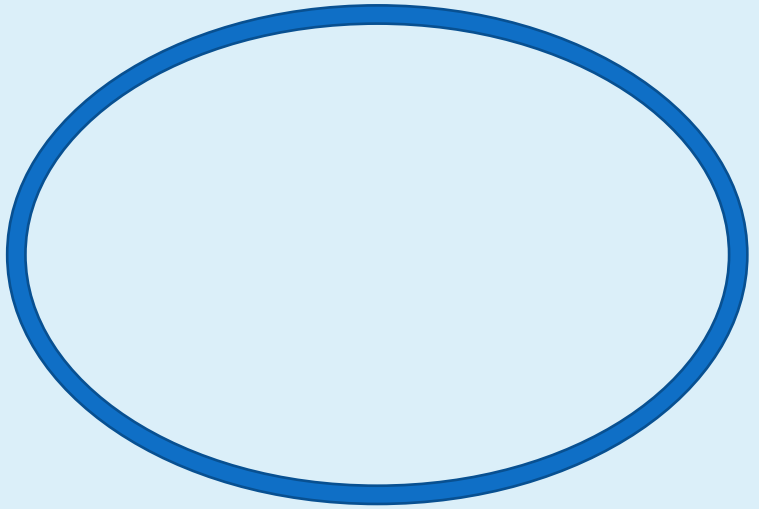
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2. Why did you choose the answers above?

3. Make a healthy lunch. Under each heading, choose one food and draw it on the plate provided.

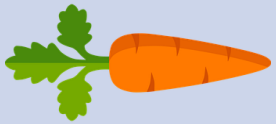
Proteins	Carbohydrates	Vegetables	Fruits
    	   	   	   





4. Match the Word

Directions: Draw a line from the word to the matching picture.

Food	Picture
Vegetable	
Fruit	
Food from Animal	

Answers

1. A

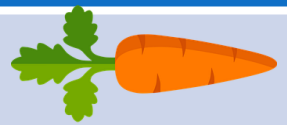
   C

2. Popcorn and mango are healthy snacks.

3. The plate should include an item from each of the following:

- Protein
- Carbohydrate
- Vegetable
- Fruit

4.

Food	Picture
Vegetable	
Fruit	
Food from Animal	

Reference

Pixabay (n.d.) Images. Available from: https://pixabay.com/ date retrieved: 16/4/2020.

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