**Subject:** **Science**

**Level:** **Infant 2**

**Strand:** **Individuals and Groups**

**Topic:** **Eating healthy**

**Key Points:**

- Eating healthy helps us to maintain a healthy weight.
- When we eat healthy, we should not get sick.
- By eating healthy we can have more energy to do what we like.
- Healthy eating allows the body to grow e.g. bones get longer
- Unhealthy foods have plenty sugar

**Some pictures of unhealthy foods:**

**Sugary foods**



**Oily Foods**



**Cookie Monster says: Healthy Foods. It tastes so good. Healthy Foods, Healthy Foods:**




**https://youtu.be/KBMxpDbp51A CLICK HERE** ☺

**Watch the video and choose from the pictures below some of the food items shown in the video that are considered healthy foods.**

**Activity 1: Circle the pictures of the foods below that you saw in the video, that are healthy foods**

















# STORY TIME



Vernon and Betty are best friends in Infant 2.

On Friday they are having a class party to celebrate Betty's birthday.

On that day the table was set with lots of food, just like the table in the picture below.



Vernon ate a hamburger, Ice cream, French fries, donuts, and a cupcake. Betty, however, ate hot dog, an apple and piece of birthday cake.

The kids went outside to play.



After a while, Vernon ran around a bit but began feeling unwell.



Betty, on the other hand ran and played for the rest of the afternoon.



**From the story, answer the questions below, by underlining the correct answer.**

1. Vernon fell sick because he ate **too many/too little** sugary foods.

2. Betty didn’t fall ill because she ate **plenty/little** oily foods.

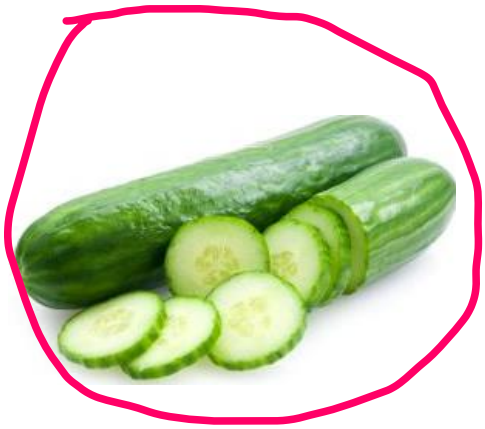
3. Eating healthy help us grow **strong/weak** bones.

4. Corn, fruits and vegetable make up **healthy/unhealthy foods.**

5. We should eat **more/less** healthy foods.

Answer Key

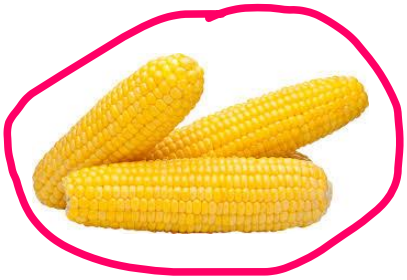


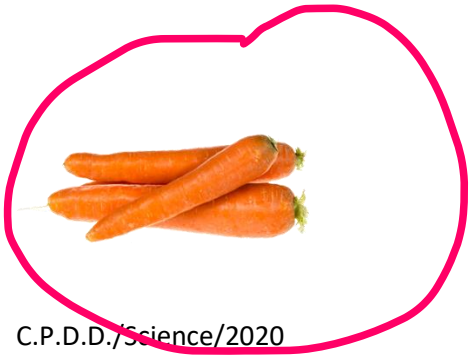














Answer the question by underlining the correct answer.

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# Reference

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