



## **Student Activities**

**Title:** First Healthy Eating Habit!

**Theme:** Nutrition

### ***Introduction:***

Are you on the right track to eating healthy foods?

Scientists have discovered that eating fruit and vegetables helps us have healthy bodies and protects us from disease. Not only this, but eating certain types of fruits and vegetables are also good brain foods that help you think and concentrate for longer.

### ***Learning Tasks***

A simple way to check if you are eating the right foods is to record how many fruits and vegetables you ate yesterday.

1. Have a class discussion about why we need to eat fruit and vegetables and the possible effects eating them have on our bodies.
2. As a class or in small groups list, draw or find pictures from newspapers, magazines and the internet many of the different varieties of fruit and vegetables available. This can be displayed as a poster.
3. On a separate sheet of paper, draw or list everything you ate yesterday. You need to include all meals, snacks and spreads like butter and jam.
4. Create a tally of all the fruit and vegetables you ate in this timeframe.
5. On a sentence strip, record how eating fruits and vegetables can make a real difference to your wellbeing. Display your ideas around the class to share with your classmates.