



Healthy Eating

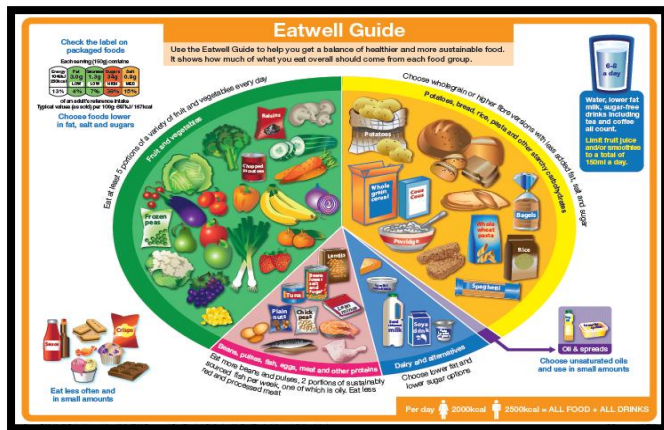
What should we eat to stay healthy?

How can we grow food to keep us healthy?

What parts of plants make us healthy?

What foods do we enjoy on special occasions?

What happens to our bodies when we exercise?



Websites:

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j>

<https://www.bbc.co.uk/bitesize/topics/zv4cwmn/resources/1>

<https://www.bbc.co.uk/bitesize/topics/z9yycdm/articles/zxvkd2p>

<p>Protein</p>	<p>Meat, fish, quorn, soya, beans; for muscles and growth</p>	
<p>Carbohydrate</p>	<p>Potatoes, rice, pasta, cereals, sugars; for energy</p>	
<p>Milk and Dairy</p>	<p>Milk, yogurt, cheese; gives us calcium for bones and teeth</p>	
<p>Fats and Oils</p>	<p>Butter, cooking oil; for energy</p>	
<p>Fruit and Vegetables</p>	<p>Apples, beans, peas, sweet corn; for fibre, vitamins and minerals.</p>	

