|  |
| --- |
| **Year 4 Autumn 2 PSHCE – Healthy Eating** |
| **Key information*** There are many ways for us to stay healthy.
* Eating healthy foods and regular exercise help to keep us healthy.
* We should aim to eat 5 portions of fruit and vegetables a day.
* Eating a lot of unhealthy food could make us overweight and unhealthy.
* It is important to have a balanced diet.
 |     healthy unhealthy  |
| **Vocabulary*** healthy
* unhealthy
* protein
* dairy
* choices
* fruit
* vegetables
 |   |