

Healthy Eating

On Saturday morning Harold eats porridge and banana for a healthy energy breakfast before his game. These are everyday or always foods. Cut out the foods below and paste them into the correct category of *Always* and *Sometimes* foods.

Always	Sometimes
	
	
	
	
	



EYLF/VEYLDF 3.2.7 - Manipulate equipment such as scissors and glue with increasing competence and skill.

EYLF/VEYLDF – 3.2.9 - Shows an increasing awareness of healthy lifestyles and good nutrition.

ACPPS006/PDe-7 - Identify foods that promote health and wellbeing.

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