

Task 1: Research healthy eating and healthy lifestyles.

Task 2: Write a set of instructions for a Key Stage 2 pupil to lead a healthy lifestyle.

- Complete the introduction.
- Remember to use **imperative verbs!**

HOW TO LEAD A HEALTHY LIFESTYLE

Introduction

It is very important for children to have a healthy diet and lead a healthy lifestyle because _____

Morning activities

1. Go to bed in time for you get at least 10 hours of sleep.

2. _____

3. _____

Lunch time

1. _____

2. _____

3. _____

Dinner and bedtime

1. _____

2. _____

3. _____

Conclusion
