

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
<input type="text"/>	<input type="text"/>



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.

learnfromplay.com

lifeeducation.org.au

