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.

