

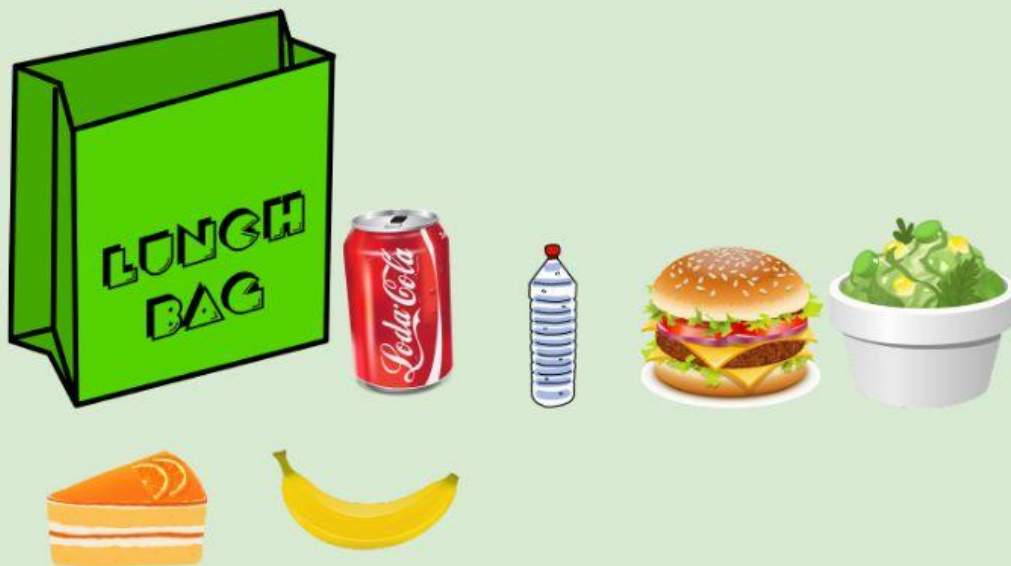
Complete the following activity about diet and nutrition.

What did you eat yesterday?

breakfast	
snack	
lunch	
dinner	
snack	

Would you say the things you ate yesterday were filled with nutrition? Give a reason.

Pack a healthy and nutritional lunch box by dragging the images into the lunch box.



How would you describe the word diet to someone?
