

**LI: To identify healthy and unhealthy food.**

I can name some familiar food items.

I can identify healthy and unhealthy food.

I can explain why it is important to eat healthy food.

Whole class to watch and discuss PowerPoint 1Healthy diet. Then invite all the pupils to sort different pieces of food into healthy and unhealthy.

Use interactive PowerPoint *Main2*.

Easy: To design a healthy lunch. See *Healthy Eating Lunch* activity worksheet.

Medium: To sort food into healthy and unhealthy. See *Healthy Eating Pack* worksheet.

Hard: To sort food into 3 groups. See *Healthy Eating Sorting* worksheet.