



## Healthy Eating

Fruits and vegetables grow in different parts of the world. E.g. Apples grow in the UK.

Task-

What vegetables or fruit did you eat today?

What countries do they grow in?



## Healthy Eating

Fay loves eating wraps filled with lots of vegetables like lettuce and tomatoes.

Task-

Make your own wrap with your favourite vegetables inside. Try our easy tortilla wrap recipe.



## Healthy Eating

Different sized people need to eat different sized meals. We need to eat 'me size meals' like Micky.

Task-

Ask each family member to draw around their own hand on a sheet of paper. This shows the different size meals that the family should

