

## 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.

| <i>Always</i> | <i>Sometimes</i> |
|---------------|------------------|
|               |                  |



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](http://learnfromplay.com)

[lifeeducation.org.au](http://lifeeducation.org.au)

