

## Healthy Food is Good for Me

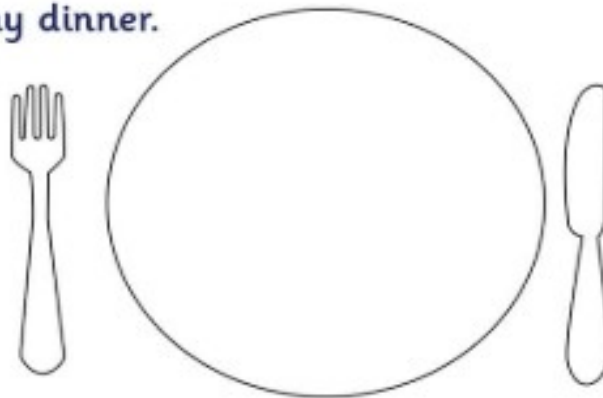


A healthy diet is important for children as they grow and develop. The food pyramid tells us how much of each type of food we should eat each day. Fruit and vegetables contain lots of vitamins and minerals. Bread, pasta, potatoes and rice give us energy. Dairy products are high in calcium and are important for healthy bones and teeth. Meat, fish, eggs and beans help our muscles and bones to grow. Sweets, chocolate, cakes, crisps and fizzy drinks should be kept as treats.

Choose a word to complete each sentence.

- \_\_\_\_\_ contains vitamins.
- \_\_\_\_\_ gives us energy.
- \_\_\_\_\_ is good for our bones.
- \_\_\_\_\_ helps us to grow.
- \_\_\_\_\_ is a treat.

Draw a healthy dinner.



## Shauna the Baker

Read about Shauna the baker.

Hello, my name is Shauna and I am a baker. Every morning I go into the bakery at 4 a.m. I prepare the dough every morning by mixing water, yeast, oil, salt and flour together until a dough is formed. Once the dough is ready I am able to make lots of different types of bread and cakes such as batch loaves, wheaten bread and barmbrack.



Answer the questions.

- 1 What is Shauna's job? \_\_\_\_\_
- 2 Name two types of bread that Shauna makes.  
(a) \_\_\_\_\_ (b) \_\_\_\_\_
- 3 What is your favourite type of bread?  
\_\_\_\_\_

Label each of these breads.

blaa buns wheaten bread soda bread barmbrack



\_\_\_\_\_