

We're still talking about healthy eating, we learnt about the different food groups, the different food you would have at meal times and how important it is to keep your heart healthy by eating the right food and staying active.

Trying new food

Is there any food that you haven't tried yet? Log them down here and let us know your thoughts. You can screenshot the picture and upload it to Seesaw. The teachers would love to know what new foods you've tried and what you thought.



FOODS I TRIED	LIKE IT	LOVE IT	NEED TO TRY AGAIN

Story time

Here's a lovely story about eating your vegetables, it's an old time classic but with a little twist

'Eat your veggies Goldilocks'

<https://youtu.be/CRapt-hN2UI>

Healthy Lunchbox

We can make healthy choices by eating the right food at meal times. Can you draw your favourite lunch?

Carrot Club Healthy Lunchbox

Can you design a healthy lunchbox?
Label your pictures.



twinkl ★

visit twinkl.com



Carrot Club Healthy Lunchbox

Can you design a healthy lunchbox? Can you explain what you have chosen? Why is your lunchbox healthy?





twinkl ★★ ★

visit twinkl.com



Get active

We learnt a few weeks ago about the heart and how important it is to keep it healthy and active. If you want to get moving and do some exercise here's an activity you can do with Múinteoir Eimear.

<https://www.youtube.com/watch?v=mcctIm1lh3w&list=PLDiumnib21kOkhUAI0cr73MU7gAHVakSs>

Time out

Having access to a tablet or computer and doing exercises on there is brilliant but take some time away from the screen and get active outside.

- Go to the beach and collect shells
- Go to the nearest park and look for signs of spring
- Cycle or scoot around your area
- Try yoga outside in your garden but be sure to wrap up
- Read in your bedroom or a quiet space