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Monkey Wellbeing

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DVD Resources –  
**Childrens Resources**

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Healthy-Eating

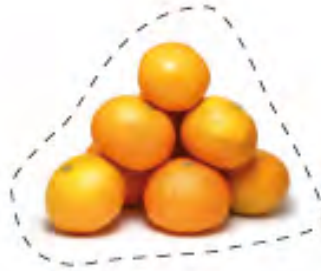




**SORT FOODS**

+ To be able to sort and classify foods into food groups (SCI)

# FOOD GROUP SORT

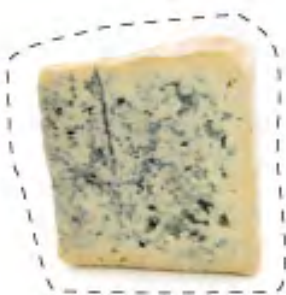




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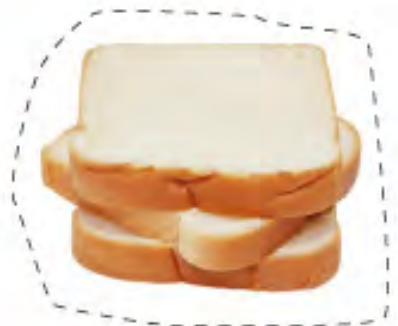
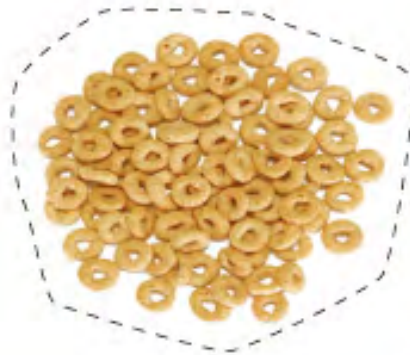




## SORT FOODS

+ To be able to sort and classify foods into food groups (SCI)

# FOOD GROUP SORT





**HEALTHY PLATE**

- + To be able to name the five food groups (SCI)
- + To know how each food group helps us stay healthy (SCI)

# HEALTHY PLATE

## NAME THE 5 FOOD GROUPS



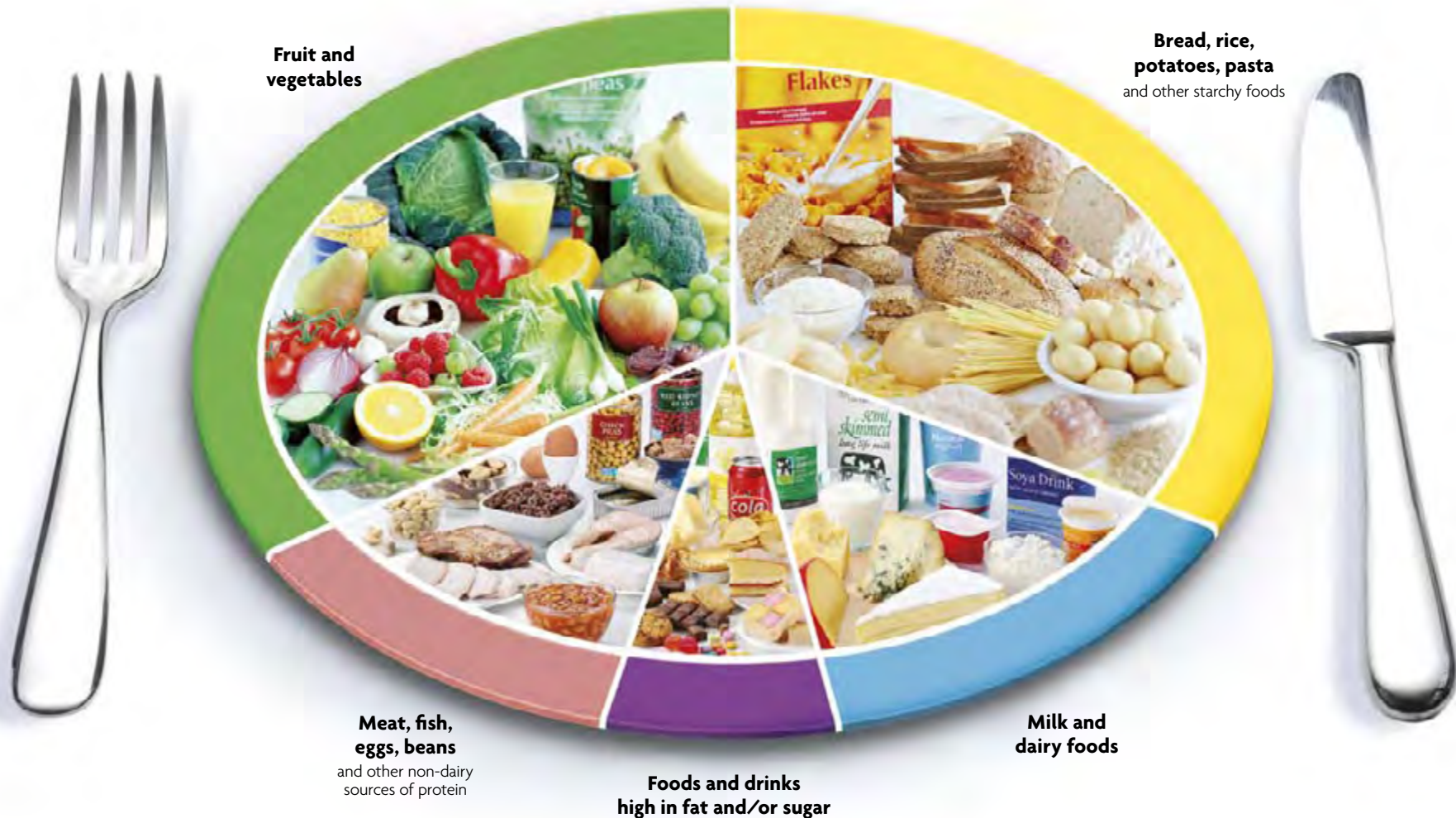


**HEALTHY PLATE**

- + To be able to name the five food groups (SCI)
- + To know how each food group helps us stay healthy (SCI)

# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.





### HEALTHY RECIPE

+ To be able to write instructions to make your own healthy meal (LIT) + To know about the dangers and risks that may exist when eating the wrong food, how to assess them and then to show that I understand how to keep myself healthy (PSHE)  
 + Children know about and can make healthy choices in relation to healthy eating and exercise (ELG)



## Healthy pizza recipe



### Ingredients


- Wraps/ tortillas
- Tomato puree
- Oregano
- Cheese
- Your favourite topping  
- ham, chorizo, prawns, peppers, sweetcorn, mushrooms



### Instructions

1. Spread tomato puree onto the tortilla and lightly sprinkle with oregano
2. Add your favourite topping
3. Sprinkle with grated cheese
4. Pop in the oven at 180 degrees/gas mark 4 10 minutes until cheese melted and browning.
6. Serve with salad and a glass of water.

Monkey's favourite is topped with prawns, sweetcorn and tiny florets of cooked broccoli.

Deeeeeeeelicious! 

## .....'s healthy recipe



### Ingredients

### Instructions

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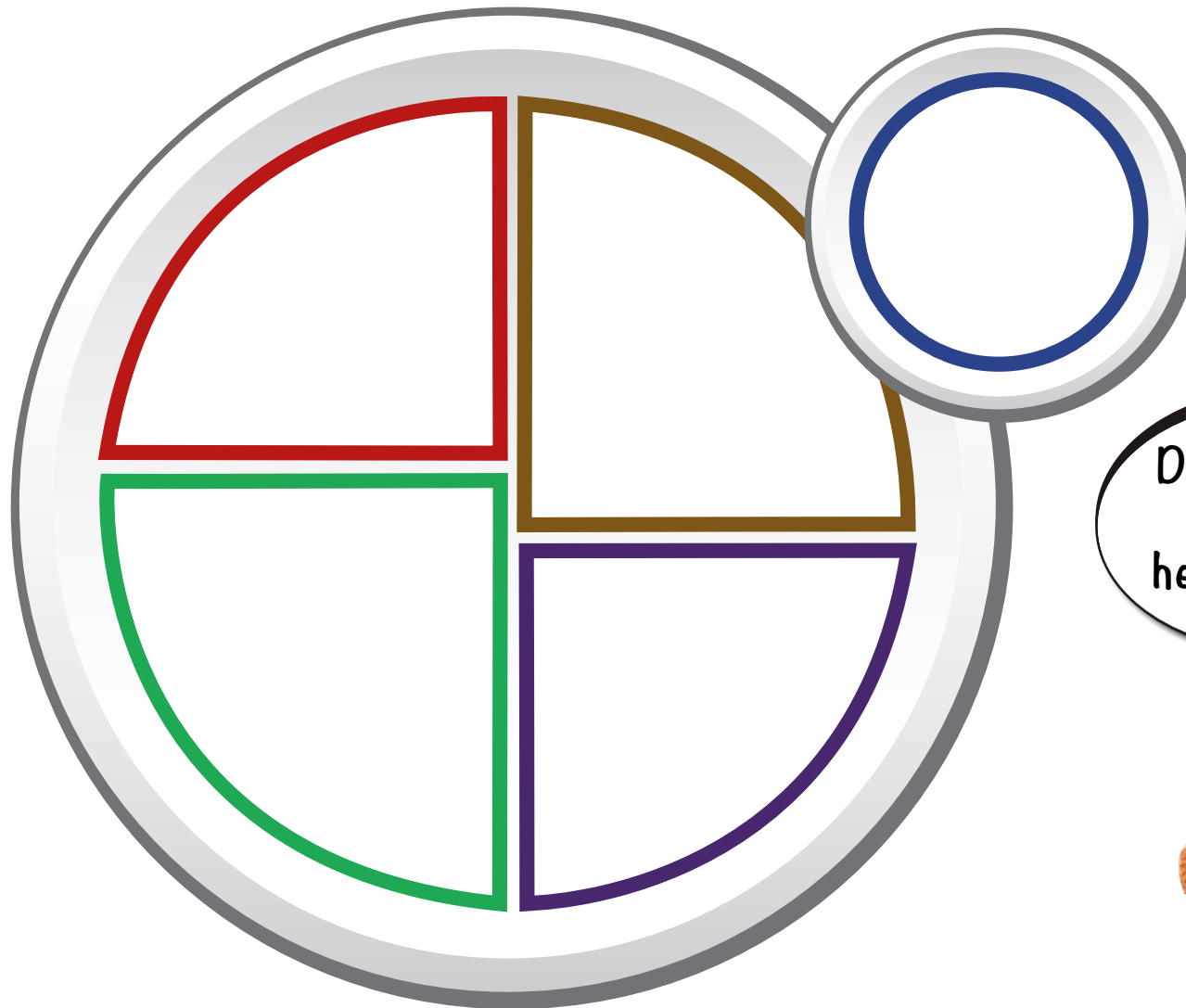




### MAKE YOUR OWN HEALTHY PLATE

- + To be able to design a health dinner for a friend (SCI)
- + To understand that eating the correct foods helps keep myself healthy (PSHE)
- + Children can talk about ways to keep healthy and safe (ELG)

# Make your own Healthy Plate



Draw in your favourite healthy meal!

