## 1a - Choosing the best foods

Here are two friends. They only eat healthy food.


Supermax...

and detective dog, Sniffer

Draw your favourite fruits in the fruit bowl.


## Draw your favourite vegetables on this plate



## 1b - Vegie writing patterns

Start at the right places when writing 0 and I .
This onion has been cut in half. Finish drawing the circles.


Finish drawing the peas the pods.


Finish drawing the lines on the celery. Always go from top to bottom.


## 1c - See how we grow

## Draw your favourite healthy snacks.

Circle the healthy foods.

Banana

Sweets

Chocolate


Sausages


Wholemeal Bread


Orange


Peas


Potatoes


Potato Crisps


Carrot


Fizzy Drink

How many healthy foods did you choose?

