

My Body Matters Booster Session 2 - Assessment Task



Learning Intention:

Today we are: learning how healthy food makes us feel good.

So we can: better understand how food helps us grow, glow, and go.

I will know I have been successful: when I can identify and describe a healthy meal I like to share with family and friends.

Food brings family and friends together.

Eating yummy healthy food with family and friends can be great. Parties, and special celebrations are a great time to get together and share a healthy meal.

What is your favourite healthy meal to eat with family and friends?

Assessment Task:

Make sure you:

- draw a picture of your favourite healthy meal.
- write about what makes the meal healthy

Don't forget

- include who you like to eat it with



Food With Family and Friends.
