

Ready Steady Go Booster Session 1 - Assessment Task

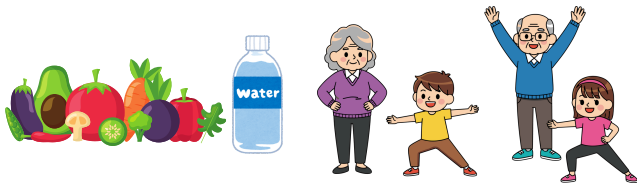
Learning Intention:

Today we are: identifying how food gives us energy and the importance of being physically active.

So we can: care for our health and wellbeing.

I will know I have been successful: when I draw and write about the needs of the body.

Write two paragraphs below explaining how food and physical activity help our bodies.



Assessment Task:

Make sure you:

- write about how food and being active helps our bodies

Don't forget

- To give some examples
eg. Food helps me to ...
When I am active I feel...

Healthy Body
