

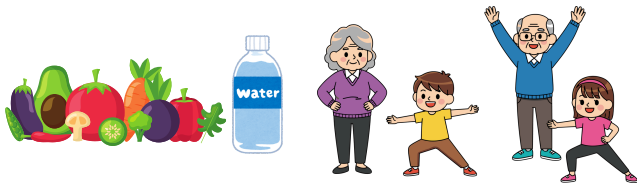
## Learning Intention:

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

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