

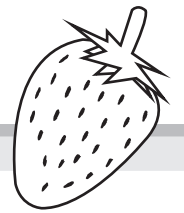
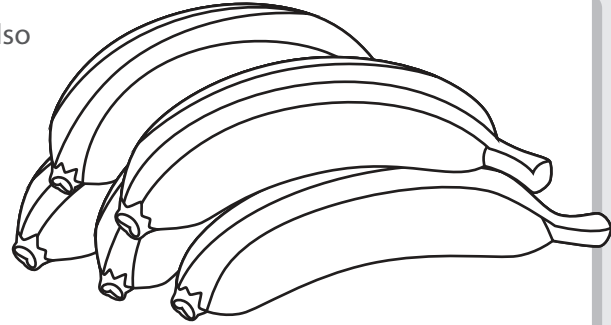
Lunchtime

Eating the right food can help you concentrate and learn. Good food also gives you energy and helps you grow. Lunch is an important meal.

What do you normally eat for lunch? Ask your family and friends what they eat for lunch. Make a list of the healthy foods.

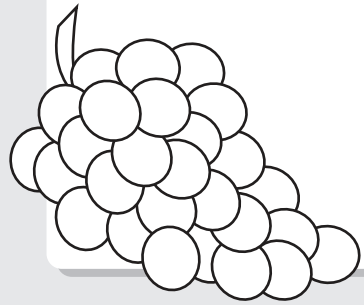
Which of these are healthy foods? Circle the healthy foods you should eat and underline the foods you should only eat sometimes.

Ham and salad sandwich ice cream take away pizza milk egg
 soda or fizzy drink donuts fresh fruit take away hamburger
 vegetable and beef noodle salad fresh salad



Drawing

Draw a picture of your favourite healthy foods.



Number Crunchers

- 1 If I shared 16 pears between 4 people, how many would they each get?
- 2 Nikki ate 1 salad sandwich, Nina ate 2, Peter ate 3 and Ross ate 2 sandwiches for lunch. How many sandwiches did they eat altogether?
- 3 Sam had 5 lemons. If Sam cut each lemon in half, how many halves would he have?
- 4 Li took 9 pieces of fruit to school for lunch. She gave 2 pieces to Mary and 3 pieces to Don. How many pieces of fruit does Li have left?

