

Healthy Lifestyle Activity – Year 2.3

Year 2.3 also participated in a class activity about the importance of fruit and vegetables in the diet, with emphasis on including fruit and vegetables in the school lunch. After a class discussion about the topic, the students followed a powerpoint presentation which included a song by Fonzu I-Fenek. Then they participated in a game where they had to choose the healthy food out of two options presented. This was consolidated with a handout. Finally they worked out a true/false quiz.



