

Healthy Lifestyle Activity – Year 1.2

On Tuesday 20th October, Year 1.2 participated in an activity about breakfast. After discussing the five food groups in relation to a healthy breakfast, the pupils participated in a game where they had to choose foods to make up a healthy breakfast.

Finally, the children were given a plate and pictures of food. They worked in pairs decided which healthy food to choose and stuck the pictures on their plate. They then presented the work to their peers.







