

## Healthy Lifestyle Ms Borg Year 3.3

Together the students danced to a song which was about the importance of including fruit and vegetables in our daily diet. Then the children were divided into groups where together they had to write a list of healthy and unhealthy food. When they were ready they discussed what they had written as a whole class and afterwards the teacher explained further the importance of eating healthy with the aid of the food guide pyramid. At the end of the lesson the students played an online game individually where they had to sort food in the right container of healthy or unhealthy.





