

Making Good Food Choices



The next issue of Go Zone Junior This Food is Delicious! focuses on the importance of food and nutrition and promotes good health and well-being.

This topic will include information on the following:

- Healthy foods and treats
- Unhealthy foods (salty, fatty or sugary)
- A simple food pyramid and the five food groups
- Fresh and fruity: delicious fruits
- Colourful vegetables and fun with vegetables
- Food for the day: breakfast, lunch, snacks
- Food safety and the importance of washing hands
- Healthy foods wordsearch, food newspaper activity, fruit competition

This is an ideal literacy resource for the beginning reader and writer with tasks that encourage them to explore, think, talk and write as well as to extend their vocabulary. An ActivInspire flipchart related to this topic is also free online.

BONUS!

Teachers ordering a class set receive a free class set of newspapers and free teachers' notes!

New Zealand Curriculum Links

Essential Learning Area: Health and Physical Education
 Key Area of Learning: Food and Nutrition

Strand A: Personal Health and Physical Development
 AO: Personal Growth and Development
 Learning Outcome: Describe feelings and ask questions about their health, growth, development, and personal needs and wants in relation to healthy eating.

Strand D: Healthy Communities and Environments
 AO: Rights, Responsibilities and Laws; People and the Environment
 Learning Outcome: Take individual action within a group to contribute to an environment that encourages healthy eating.

THIS FOOD IS DELICIOUS!

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