

<p style="text-align: center;"><b>Healthy food 1</b></p> <p>Make a list of all the fruits or vegetables you can think of that are the colour:</p> <p style="text-align: center;"><b>orange.</b></p>	<p style="text-align: center;"><b>Healthy food 2</b></p> <p>Make up a recipe using these 3 ingredients:</p> <ul style="list-style-type: none"><li>•carrot</li><li>•sultanas</li><li>•rice</li></ul> <p>You may use other ingredients as long as the dish is healthy.</p>
<p style="text-align: center;"><b>Healthy food 3</b></p> <p>Several children in the class have an allergy to sugar and food colouring.</p> <p>Make a list of foods for your class party that will help these children feel as if they are not missing out.</p>	<p style="text-align: center;"><b>Healthy food 4</b></p> <p>You are in a “Master Chef” competition and the judges are looking for the tastiest, but healthiest dish.</p> <p>Give 3 suggestions of dishes you could make.</p>
<p style="text-align: center;"><b>Healthy food 5</b></p> <p><b>“Primary school children should not be allowed to help in the kitchen.”</b></p> <p>Give 2 reasons why this could be a good thing.</p> <p>Give 2 reasons why this could be a bad thing.</p>	<p style="text-align: center;"><b>Healthy food 6</b></p> <p><b>Brainstorm as many ideas as you can, for helping children to eat less junk food.</b></p>

**Teeth 1**

Think of 3 ways to clean your teeth without a toothbrush.

**Teeth 2**

Think of a way to get children to stop eating foods that rot their teeth.

**Teeth 3**

What are the differences between sharks teeth and human teeth?

**Teeth 4**

The answer is  
“the dentist”.

Write 3 questions.

**Teeth 5**

List 3 reasons why we need teeth.

**Teeth 6**

Design a good way to keep your family’s toothbrushes stored neatly in the bathroom.