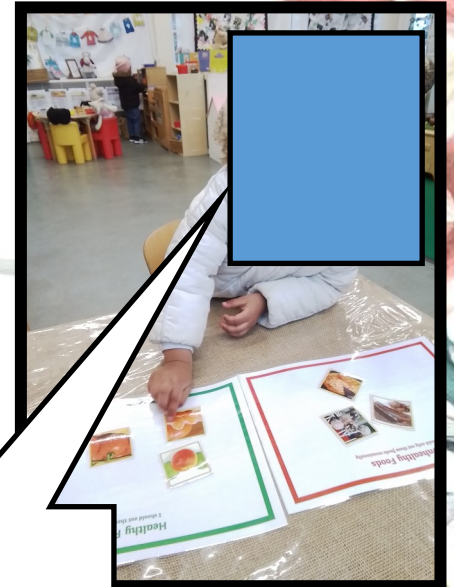


# Healthy Hearts

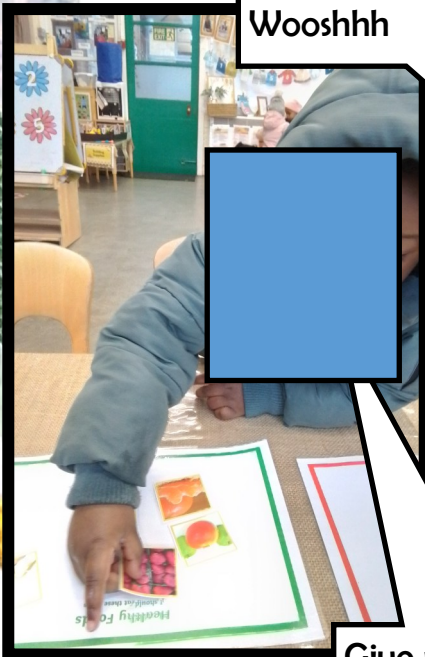
Apple



Chocolate



Orange



Wooshhh



Give me five fruit and  
Vegetables

Donut

Today the children are talking about healthy heart and what food are good and not good for us. The children had to sort out the different pictures of healthy and not healthy food into two group. We talk about food such chocolate and why is not good for you as it can make your teeth rotten and increase your sugar level we need to have small amounts. We also talked about fruit and vegetables and how many fruit and veg we should have a day – We sang give me 5 fruit and veg.