



Northern Ireland
Curriculum

Reading Scheme to Support the
Learning for Life and Work Thematic Units (SLD)

Eat Well, Feel Better!

Level 3

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We all need to look after our bodies. What we eat affects the way we feel.



It is important to eat healthy foods.



Healthy foods help us to feel good, look good and sleep well. They give us energy.



Fruit and vegetables are healthy. We should eat five portions of fruit and vegetables a day.



Brown bread, wholemeal pasta, fish, eggs and yoghurt are also healthy.

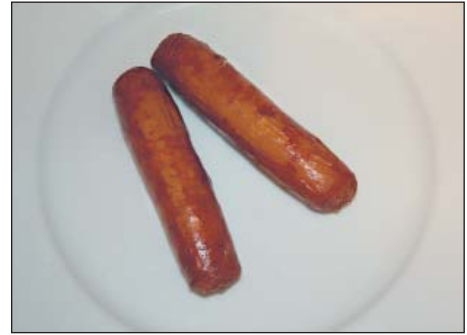
Porridge is a healthy breakfast.



It is important not to eat too many unhealthy foods.



Unhealthy foods can make us feel ill and tired. They can make us put on weight.



Burgers, sausages, chips, biscuits, sweets, chocolate and crisps are unhealthy. We shouldn't eat them every day.

Copy and complete

Healthy or unhealthy?

1. Bananas are
2. Chips are
3. Pears are
4. Tomatoes are
5. Chocolate is
6. Burgers are
7. Sausages are
8. Sweets are
9. Pasta is
10. Fish is

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Rewarding Learning