

# Find the healthy foods



Draw a line from the smiley clues.



Find a fruit that is orange, round, juicy and full of goodness.



Find something with bread on the outside and cheese salad in the middle.



Find a white drink that helps your bones and teeth to stay strong.



Find a yellow fruit you have to peel before you can eat the soft, tasty inside.

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Ask some people in your family which of these they like to eat or drink. If someone chooses the sweets or fizzy drink talk about what sugar can do to their teeth.



Find some beans that will help you grow strong muscles.



Find something that is good for rabbits to eat AND good for you too!



Find a drink that comes out of a tap and is very, very healthy.



Find a bowl of tiny white grains that will give you energy.

What is left?..... Why?

