



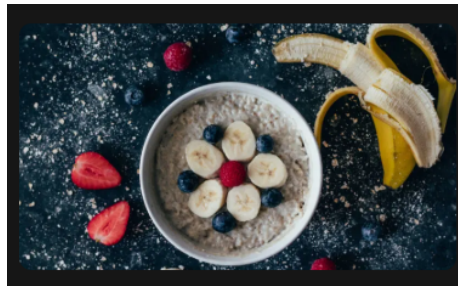
Autumn 1 Science Quest



Are you ready to challenge yourself with a Science Quest?

Earn 10 housepoints for your house by completing a challenge and sharing it in school.

Year 2



Am I eating enough fruit and vegetables?

What you need

- a diary of what food you eat in a week.
- pencil
- highlighter

What to do

1. Record all the food you eat in 2 days.
2. Highlight the fruit and vegetables that you have eaten on each day.
3. Have you eaten 5 portions?
4. Repeat for another 2 days now you know you should eat 5 portions of fruit and vegetables a day.
5. Compare both diaries. Have you eaten healthier?

First 2 days

	breakfast	lunch	dinner	snacks
Day 1				
Day 2				

Discussions with your child

To keep our bodies healthy, it is important to eat a balanced diet.

A child's diet should include:

at least five portions of a range of fruit and vegetables every day.

Next 2 days

	breakfast	lunch	dinner	snacks
Day 1				
Day 2				