



# EATING WELL

Let's talk about eating well to keep ourselves healthy.

Think about your favourite story or fairy tale. Do you know what the characters eat and drink?

Imagine you are a character from one of the tales you enjoy. For example:

- A fairy
- A giant
- A pirate
- The Gruffalo
- The Very Hungry Caterpillar

What do you think they would choose to eat? Discuss why! Try and think of something different for breakfast, snacks, lunchtime and tea.

Discuss together which sections they fit into on the Eatwell Guide below. You could draw a picture of your character enjoying their food.

