

Unit 2: Stay Strong, Live Long!

Natural Science

The 5 food groups



Healthy or
unhealthy?

HEALTHY



UNHEALTHY



It's very important to eat 5 times a day:

1.	Breakfast
2.	Snack
3.	Lunch
4.	Snack
5.	Dinner



Sport is good
for my heart
and muscles. It
helps me keep
fit. Some videos
to move your
body! 😊

Move it to the sounds	https://www.youtube.com/watch?v=7JvkWXBY2eY
Exercise, rhyme and freeze	https://www.youtube.com/watch?v=cSPmGPIyykUot=2soab_channel=JackHartmannKidsMusicChannel
My happy song	https://www.youtube.com/watch?v=ufbOHL1mmYk

That's really important!



<https://www.youtube.com/watch?v=-aY18vhaiNo>

<https://www.youtube.com/watch?v=L89mN03pBzlot=2s>

