



# Cracking eggs

Fun and engaging teaching resources, interesting facts and information about eggs for 5 - 11 year olds

## Healthy diet choices

Can you write or draw the right foods in each box?

**Foods:** eggs, wholemeal bread, bananas, carrots, rice, fish, tomatoes, chicken, sweets, potatoes, crisps, apples  
(What other foods can you think of?)

You should eat lots of these foods.

You should eat some of these foods.

You should not eat these foods very often.

