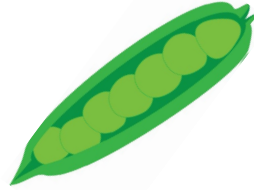
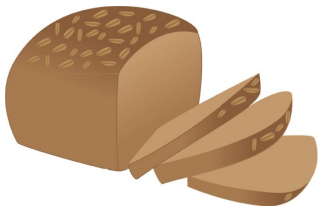


Food & Nutrition Literacy

The key messages every student should know

KINDERGARTEN - YEAR 2



Context
What is Food?
Self

Food and drink - Source

1. Healthy food comes from plants and animals.
2. We can grow and produce our own healthy food.

Food and drink - Choice

3. There are many different types of healthy food and drinks to choose from.
4. We need different amounts of different healthy foods.

Food and drink - Experience

5. We like foods and drinks for different reasons.
6. We need to be clean and safe when handling and preparing food.

Food and drink - Health

7. We need a variety and balance of foods and water to grow, be healthy and active each day.

Note: These key messages are from the Scope and Sequence of Food and Nutrition education from Refresh.ED - Online Food & Nutrition Teaching Resources.