Letter to St. Catherine, St. Peter, St. Benedict, St. Vincent, St. Bernadette

Hello to everyone. For the next 2 weeks we are going to work on fruit and vegetables and how to include them in a healthy diet.

1. Start with the worksheet called **Fruit & Veg worksheet.**
2. Now take a look at the **Portion Size** page and it will help you with the **five a day** sheet. Remember in class how we talked about trying to include some fruit or veg with each meal or as snacks as it would be too difficult to eat them all at dinner time.
3. Next fill out the **fruit & veg intake** sheets. If you notice your not up to at least 5 a day how could you improve??
4. The healthy eating plate activity will help give you ideas for including them in a meal also.

Parents – please feel free to look at the work St. Patrick etc are covering as your child may be able to do the quiz/crossword or other worksheets. It is difficult to set work for all ability levels so please feel free to pick and choose from other classes resources.