

## Good Eating Habits

1. Eat healthy food
  - Keep our body strong
  - Help us to prevent disease
2. Have regular and balanced meals
  - Our organs and tissues can have proper nutrition to work effectively
  - Give us energy and help us grow
3. Wash your hands before you eat
  - Keep germs away
4. Never waste food
  - Help to protect the environment and our Earth



# My Good Eating Habits

### Healthy Food

'3 Low / High' rule

3 Low  $\left\{ \begin{array}{l} \text{Fat} \\ \text{Salt} \\ \text{Sugar} \end{array} \right.$   
1 High: Fibre

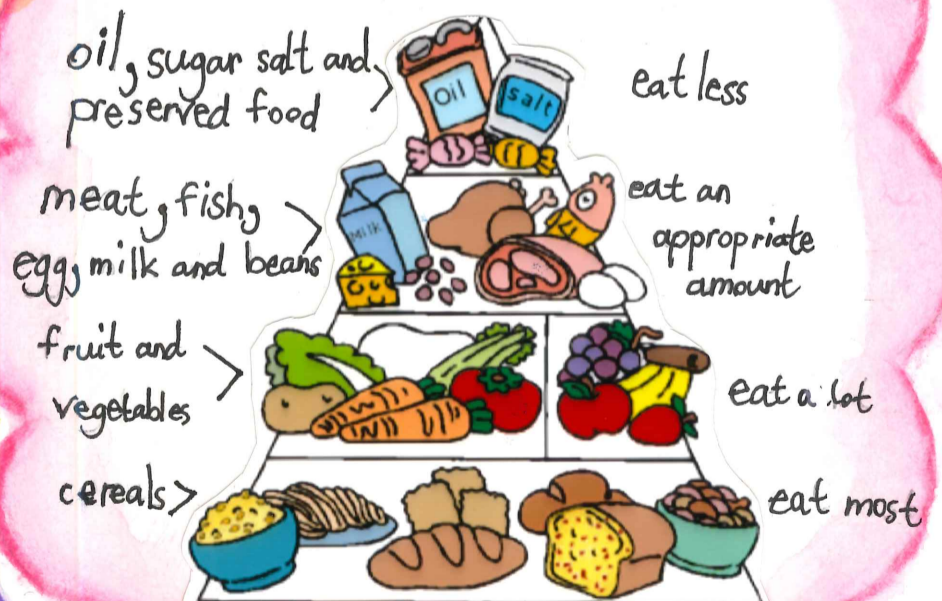


### Unhealthy Food

• High in fat, salt and sugar  
• Low/no fibre



### The Way To Choose Healthy Food



Let's eat!

1. Being polite

Good Table Manners

Thanks

2. Using eating tools

