

# Charge your body battery

FOUNDATION - YEAR 2

DRAW 

INSTRUCTIONS: Draw food from each food group that will help you fuel your day at school.

Just like how batteries need energy to work, kids need healthy food to give them power and give them energy during their school day.  
Each section on the battery represents one of the five food groups.

Grain (cereal) foods,  
mostly wholegrain  
and/or high cereal fibre  
varieties

Vegetables and  
legumes/beans

Lean meats and poultry, fish,  
eggs, tofu, nuts and seeds

Dairy foods like milk,  
yoghurt, cheese and/  
alternatives, mostly  
reduced fat

Fruit

