


Morning Starters: Summer 1 - Food for Thought

Word Challenge

List all the nutritious foods you have eaten this week.

Grammar Challenge

Click text to edit 

Copy the following sentence, adding a parenthesis.

Almonds make a great snack for maintaining energy throughout the day.

Note: A parenthesis is a pair of brackets, dashes or commas. They are used to add extra information to a sentence.

Did You Know?

A superfood is a type of food that is packed full of nutrients and offers a wide range of health benefits. For example, almonds are a rich source of fibre, protein, healthy fats, vitamin E, magnesium, phosphorus and potassium. These nutrients play critical roles in many bodily functions, such as energy production, cell growth and immune function. Many superfoods are plant-based like broccoli, avocados and chia seeds.



Number Challenge

Each almond contains 0.25 grams of protein.

How many almonds would you need to eat to get 10 grams of protein?

Critical Thinking

“You are what you eat!”

What does this famous saying really mean?

Monday

Tuesday

Wednesday

Thursday

Friday