

Food gives us energy to grow

living-things

Words to use

Energy · Needs

Our question

What does every child need to grow and stay well, and why does each need matter?

What to do with the activity cards

Take each activity card in turn. Decide where it belongs on the mat, Food gives me energy for this, and say why. Then look at the mat and tell your group what you notice.

Two activities food gives me energy for

My needs and why they matter

A need I have	Why it helps me grow and stay well

Which part of the school day needs lots of energy from you?

When did food help you feel ready today?