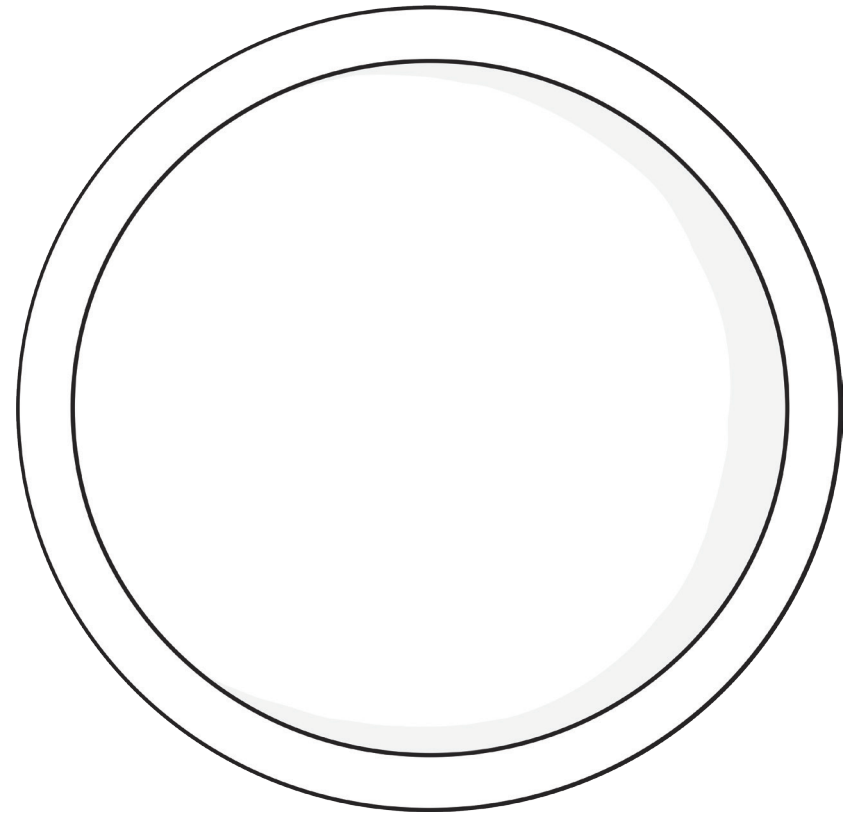
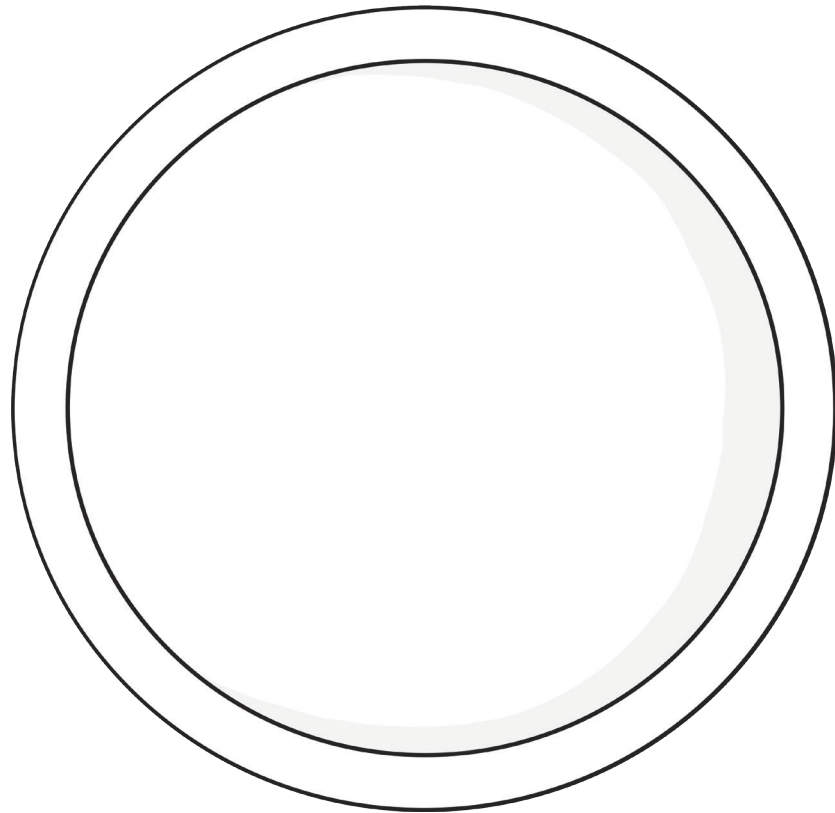


Workhouse Food or My Food

There was not much variety in the food people ate in the workhouse. On the plates below, draw workhouse food on one and on the other draw what you had for tea last night.

Then compare the two plates. Which is healthier, and why?



Useful words:

fatty

energy

grow

overweight

unhealthy

healthy

fruit

vegetables

vitamins

sugary

underweight