



4th North Heath Rainbows goes virtual

Feel Good Stage 1

Food for thought, Laugh out loud



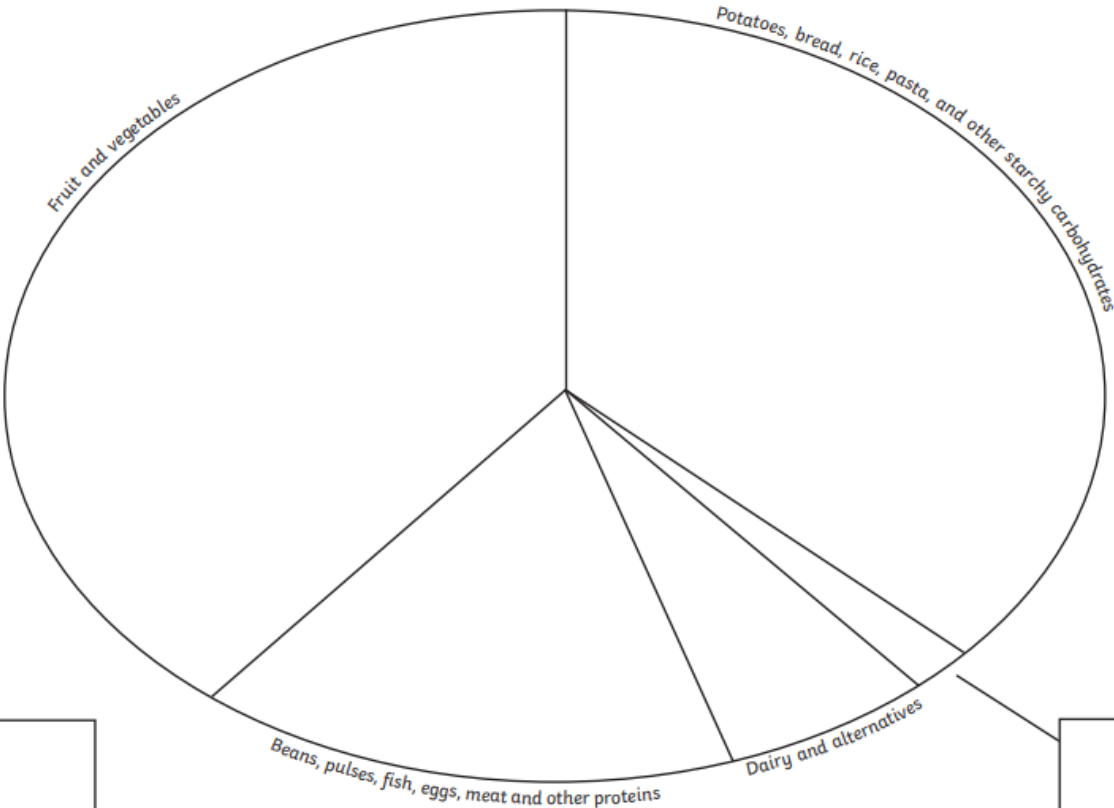
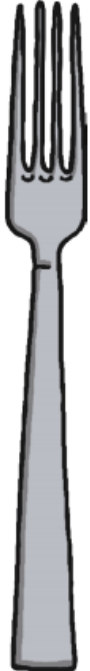
Food for thought



I am going to ask you to go and find different food items for each of the food groups.



Then we'll find out which foods we should have more of and why!!



High in fat, salt and sugar

Oils and spreads



Laugh out loud

**YOU'RE NOW GOING TO MAKE SOMEONE
LAUGH, WE'VE GOT SOME EXAMPLE
JOKES FOR YOU TO TRY...**



Examples

- How do you start a cuddly toy race?
 - Ready... Teddy... Go
- What do you call a fish with no eyes?
 - A Fsh

Can you come up with your own jokes?