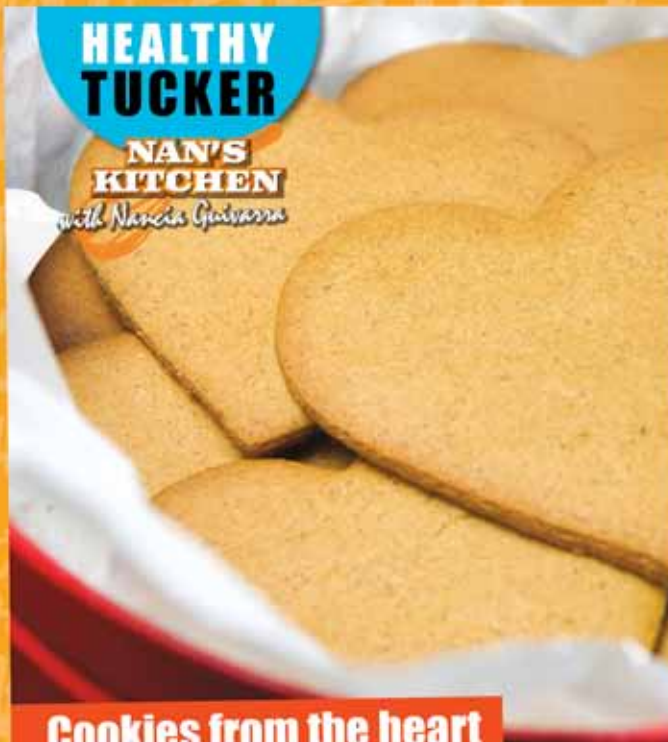


MY NAME _____



Healthy Tucker – Nan’s Kitchen: Healthy Choices page 27



Cookies from the heart

After the buzz of the New Year has faded, it's time to think about our loved ones. Ladies, they say the way to a man's heart is through his stomach. Gentlemen, the ladies will appreciate the romance, time and effort that you put into these Valentine's Day biscuits. Make up a batch of these lovely heart shaped biscuits to say "I love you" and sit and have a relaxing cup of tea and a yarn over them with your amour late in the afternoon or for a late evening supper. Better yet, they're made of two super foods, fresh ginger and walnuts mixed in with a whole lot of spice. Sounds like a recipe for love!

I Heart You Cookies

INGREDIENTS

- * 250 gram butter
- * 1/3 cup raw sugar
- * 2 eggs
- * 2 cups wholemeal self raising flour
- * 1/3 cup walnut crumbs
- * 1 tablespoon of freshly grated ginger (or ground ginger)
- * 2 tsp cinnamon
- * 1 tsp nutmeg
- * 2 teaspoons vanilla extract
- * Heart shaped cookie cutters
- * 1 can spray olive oil
- * Roll of baking paper
- * Baking tray

METHOD

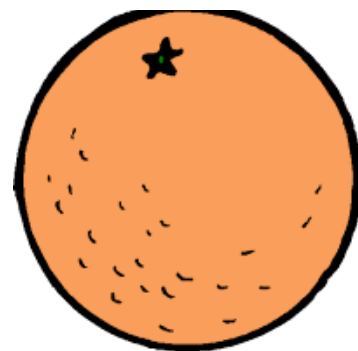
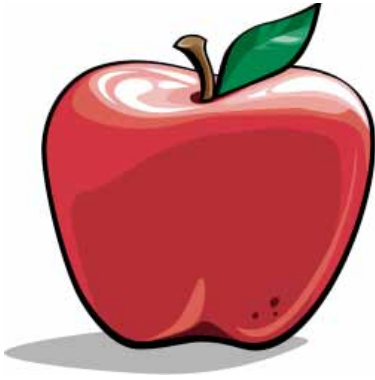
- 1 Preheat oven to 200 degrees Celsius and spray baking tray
- 2 In a mixing bowl, beat eggs and sugar until fluffy and then add eggs and vanilla.
- 3 Add all remaining ingredients and mix until combined
- 4 Roll out mixture thinly on a bench and cut out heart cookie shapes
- 5 Place hearts on a baking tray lined with baking paper
- 6 Cook for 8 to 10 minutes. Can be served warm.

HEALTHY CHOICES

Which snacks are good for you?

BANANA	APPLE	MIXED NUTS	NUT BAR	POTATO CHIPS	MARS BAR
A good source of energy and nutrition. Helps to make the body more alkaline.	High in antioxidants and fibre that helps prevent cholesterol.	High in protein and "good" fats, but also high in salt. Choose unsalted varieties.	High in energy from fats and sugars with a good amount of protein.	High in fat, carbohydrates and salt. Danger, danger!	High in fat, sugar and salt. Eat seldom as a treat only. This is not a food.

MY NAME



Which snacks are good for you?

There are lots of snacks that help to keep your body healthy, like fruit and nuts.

Snacks like chocolate and potato chips might taste great, but try not to eat them too often, because they are high in fat, salt and sugar.

VIBE SCHOOL

Issue 168
Years 1-2



ACTIVITY 1- HEALTHY SNACKS

Draw a picture of your favourite healthy snacks.



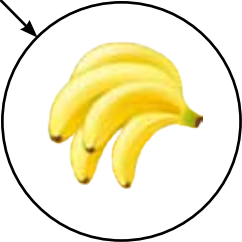




ACTIVITY 2 - MATCHING WORDS AND PICTURES

Match the names of these snacks with the pictures.

Circle the ones that are healthy for you.

The first one has been done for you.

bananas	
apple	
nuts	
potato chips	
chocolate	



ACTIVITY 3 - READING FOR MEANING

Read Healthy Tucker –Healthy Choices on page 27



1. Bananas are a healthy snack.

True

False

2. Why are nut bars good for you?

Tick the correct answers.

They are high in energy.

They have a good amount of protein.

They are high in salt.

3. List one snack that you should try not to eat too often. Why is this?

4. How much fat is there in a chocolate bar?

grams

VIBE SCHOOL

Issue 168
Years 1-2



5. Why are potato chips not a good choice as a snack?

6. List three (3) other healthy snacks and three (3) other snacks to avoid.

HEALTHY SNACKS	SNACKS TO AVOID



ACTIVITY 4 - READING AND WRITING A SENTENCE

Nuts are high in protein.

Cut the sentence into its words.

Nuts	are	high	in
protein	.		

Mix the words up and match them with the words in the sentence.


Practise writing the sentence.

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Issue 168
Years 1-2



Draw and label other types of nuts that you like to eat.

 <p>Cashews</p>				
--	--	--	--	--



ACTIVITY 5 - SPELLING

Cut the word **nuts** into its letter patterns.

Mix them up and put them back together.

n	ut	s
----------	-----------	----------

Practise writing **nuts** three times.

VIBE SCHOOL

Issue 168
Years 1-2



Cut the word **high** into its letter patterns.

Mix them up and put them back together.

h	igh
----------	------------

Practise writing **high** three times.

ACTIVITY 6 - WRITING AN EXPOSITION

An EXPOSITION is a type of ARGUMENT.

The purpose of an EXPOSITION is to argue one point of view about an issue.

EXPOSITION texts follow this structure:

Argument type	Social purpose	Stages	Phases
EXPOSITION	States one point of view about an issue	Thesis Arguments Restatement	Preview Evidence Statistics Quotes Examples Elaborations Review Conclusions



In **Activity 1** you drew a picture of your favourite healthy snacks.

Why are these your favourites?

Choose one healthy snack and write an EXPOSITION to say why you like it.

Try to use some of the information from page 27 as evidence for your ideas.

Here is an example:

My Exposition

I like to eat strawberries as a healthy snack between meals.

They are better for me than chocolates and chips.

Strawberries give me energy and don't have too much fat in them.

They are full of vitamins and minerals to keep my body healthy.

I like strawberries!

