

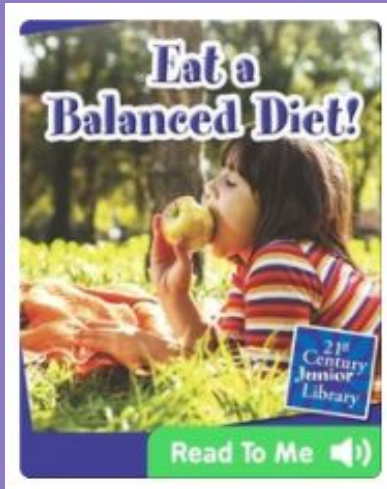
ENERGY WEEK

Day 3: We need food (Click on the pictures to access details)

1) Please do this task first.

Food for energy

Read this book about eating a balanced diet on EPIC.



[WORKSHEET: A Balanced Meal](#)

2) Now choose one of the following activities.

Eating healthy collage



Make a smoothie



Help cook a meal



Share a healthy recipe

