



Cracking eggs

Fun and engaging teaching resources, interesting facts and information about eggs for 5 - 11 year olds

Food choice cards



Tomatoes

Tomatoes have vitamin C, which helps your skin and gums stay healthy.



Eggs

Eggs have lots of protein and vitamin D, which help your bones, muscles and teeth to grow and stay healthy. They also have vitamin B12 to help you make healthy blood.



Bananas

Bananas have potassium, a mineral that helps your muscles work.



Wholegrain bread

Wholegrain bread has carbohydrates, which help you stay active, and fibre, which helps your digestion.



Cheese

Cheese has calcium to help your bones and teeth grow and vitamin A, which helps to keep your skin healthy.



Chocolate spread

Chocolate spread has lots of sugar and fat, so you should only eat it as part of a balanced diet.



Food choice cards



Breakfast cereals

Breakfast cereals have carbohydrates to help you stay active. Some breakfast cereals have lots of sugar, so try to choose ones that are high in whole grains for fibre and not covered in sugar.



Butter

Butter has some vitamin D and vitamin A. Butter also contains lots of fats. Your body needs some fat but too much can be unhealthy.



Baked beans

Canned baked beans have lots of fibre, which helps you digest your food as well as protein to help your bones grow. Some have lots of sugar and salt so look out for lower sugar and salt versions.



Sausage

Like all meats, sausages have protein, which helps your muscles grow. Sausages can have lots of fat and salt, so it's best not to eat them too often.



Porridge oats

Oats have magnesium, a mineral that helps your bones, muscles and teeth stay healthy. They also have fibre to help your digestion.



Mushrooms

Mushrooms are the only vegetable that have vitamin D to help your bones and teeth grow.



Milk

Milk has lots of calcium, which helps your bones and teeth grow and stay healthy. Milk also has fat, so semi-skimmed and skimmed milk are the best choices.



Yoghurt

Yoghurt has calcium and protein. Some yoghurts have lots of sugar added so natural yoghurt can be a good option – try it with some fruit.



Jam

Jam has lots of sugar so you should eat it only as part of a balanced diet.