



Northern Ireland  
Curriculum

Reading Scheme to Support the  
Learning for Life and Work Thematic Units (SLD)

# **Eat Well, Feel Better!**

Level 2

**Writers' Group:**

Graham Hawthorne, Marian Humphrey, Shirley Gwynne and  
Avril Napier, all from Roddensvale School, Larne

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**Eat Well,  
Feel Better!**

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We all need to look after our bodies.



Some foods are good for us.



Good foods help us to feel good.



Fruit and vegetables are good for us.  
We should eat five portions a day.



All these things are good for us.

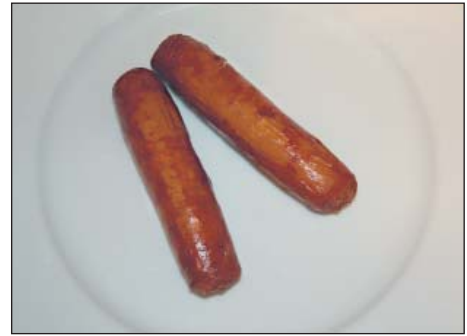


Some foods are bad for us.



Bad foods can make us fat.

Bad foods can make us feel tired.



All these things are bad for us.

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## Good or bad?



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**COUNCIL FOR THE CURRICULUM EXAMINATIONS AND ASSESSMENT** 29 Clarendon Road, Clarendon Dock, Belfast BT1 3BG  
☎ +44 (0)28 9026 1200 📠 +44 (0)28 9026 1234 📞 +44 (0)28 9024 2063 ✉ info@ccea.org.uk 🌐 www.ccea.org.uk

