# <u>Learning Intention</u> I am learning how to read and understand information in a table.

## <u>Success Criteria</u>

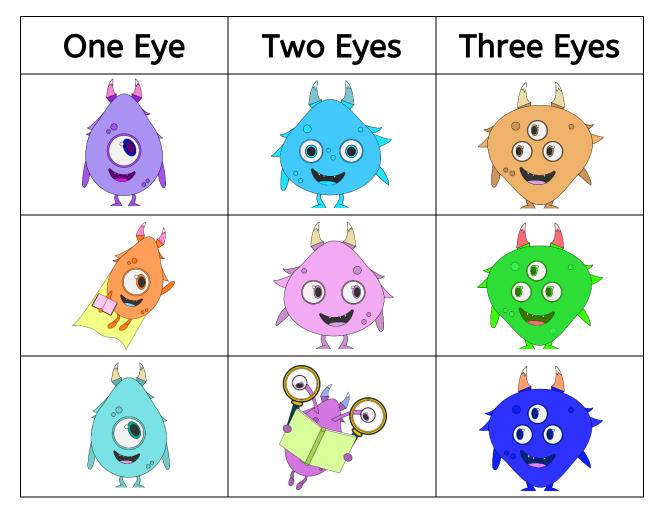
I will point out these parts of the table:

- headings
- •rows
- •columns

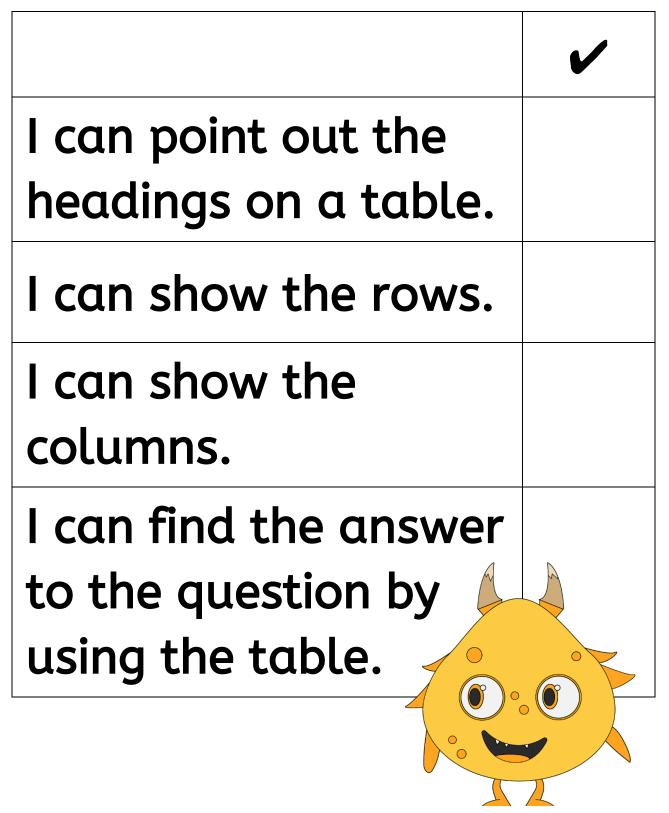
#### I will also explain, or say, what the table helps us to learn or understand.

### <u>Tables</u>

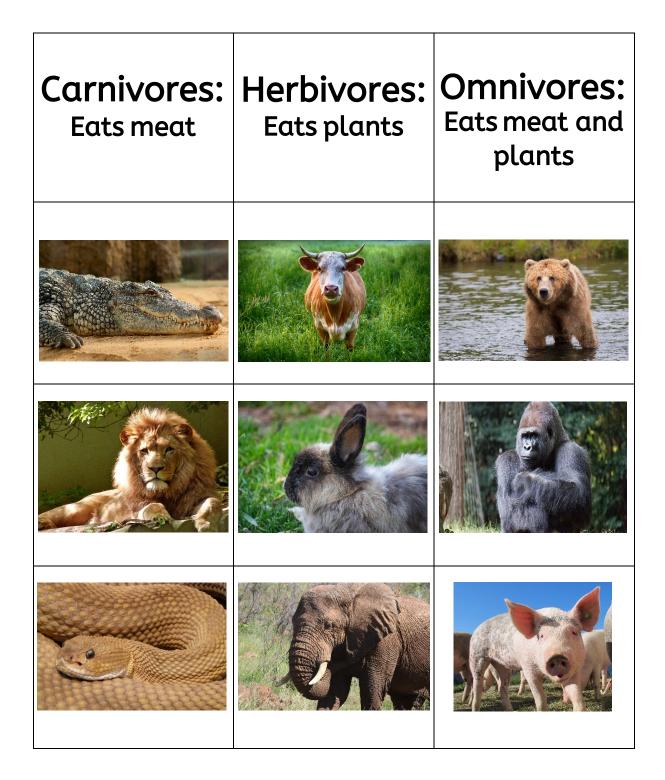
A table shows information in rows and columns. Rows go across. Columns go down. Tables have headings at the top or side to show how the ideas are sorted.



#### Learning Checklist Check these off as you go.



# What Animals Eat



## **Healthy Eating**

#### To stay healthy, eat a variety of foods from the five food groups every day and drink lots of water.

Grains and cereals: mostly wholegrain and high fibre	Fresh vegetables, beans, legumes and fresh fruits	Lean meats and poultry, fish, eggs, tofu, nuts, seeds, legumes and beans	Milk, yoghurt, cheese and/or alternatives	Fats, oils
rice	potatoes	steak	cow milk	olive oil
noodles	onions	chops	goat milk	canola oil
bread	carrots	mince	soy drink	margarine
rolls	zucchini	chicken	yoghurt	_
pita	squash	eggs	cheese	
wraps	pumpkin	fish	cream	
wheat	corn	prawns	butter	
flakes	eggplant	baked		
rolled oats	mushroom	beans	the main and the second	
muesli	S	tofu	Sector (	A CAR
couscous	broccoli	lentils		
polenta	asparagus	chickpeas		
quinoa	beans	mixed nuts		
pasta	peas	red kidney		
	tomatoes	beans		
	apples	100 B 100 00	april and the	
	bananas			
	berries			A B
	oranges			
	grapes	Callerate		And And
	melon	A COLORADO		
	pineapple			
	plums	REPE		
	cherries			
	mangoes		and the property of the second	
	pears			
	kiwifruit			
		1	C C C C	
		AS Car		
OLIVE OIL				