

Name: _____ Date: _____

Being the Healthiest You!

Health has never been so important, but how much do we actually know about being healthy?



Research Question:

Is white rice and brown rice the same?

Results:

Brown and white rice come from the same plant. White rice does not have the bran and the germ which contains things that are healthy for me. Brown rice has more nutrients than white rice.

Reflection:

I do not like the taste of brown rice but I will try to eat it at least once a week because it is so healthy for me.

St Stephen's College Preparatory School

Grade 3

Photos: