

St Stephen's College Preparatory School

Grade 1

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 fruit juice healthy?

Results: Yes, fruit juice is healthy but you shouldn't have too much of it as it is very high in sugar.

Reflection: From now on, I will drink less fruit juice. I will try and drink fruit juice only two or three times a week instead of every day.
