

Healthy Eating Social Narrative

Healthy eating is important to stay fit and well.



It is important because it helps people have a strong heart and teeth.



Eating a lot of sugary snacks or drinking a lot of sugary juice each day is not healthy for you.

Most people try to stay healthy by having three meals a day and a few healthy snacks.

I can try to eat three meals a day – breakfast, lunch and dinner.



If I want a snack I can try fruit, popcorn or nuts.

If I want a special treat such as chocolate, sweets or crisps I can ask mummy or daddy.



*This Social Narrative is only an example. Social Narratives should be individualised for the child you are working with and concentrate upon the skills which they need to develop.