

Task:

Write some slogans for your healthy snack using:

Pun - using a word or words that sound similar to another word.

Alliteration - use and repeat the first letter or letters in a group of words.

Rhyme - use words that have the same **last** sound.



"Healthy Eating" Word Bank

to draw from, build on, discuss, and write with:



Descriptive

Fresh
Natural
Nourishing
Nutritious
Delicious
Wholesome
Hearty
Fulfilling
Energizing
Pure
Life-enhancing
Body-building
Good
Good for you
Home-made
Home-grown
Local
Raw
Light
Low-calorie
Non-fattening
High-energy
Filling
Satisfying
Calming
Soothing
Invigorating
Balanced
Varied
Heart-friendly
Enriching
Juicy
Tender
Succulent
Scrumptious
Flavoursome
Melt-in-your-mouth

Food examples

Fresh fruit
Fresh vegetables
Lean meat
Fish
Eggs
Beans
Lentils
Wholemeal bread
Semi-skimmed milk
Brown rice and pasta
Unsalted butter
Low-fat cheese
Low-fat spreads
Dried fruit
Unsalted nuts
Light stir-fries
Mixed grills
Casseroles
Veggie loaves
Nut roast
Jacket potatoes
Steamed fish
Steamed vegetables
Home-made soups
Salads
Low-sugar cereals
Muesli
Oats
Yogurt
Home-baking
Additive-free foods
Preservative-free foods
Unprocessed foods
Home-grown or local produce
Wholefoods
Unsweetened fruit juices
Herbal teas