Healthy Eating
Social Story

[person’s name]
Healthy eating is important to stay fit and well.
It is important because it helps people have a strong heart and teeth.
Sometimes you take food from the fridge or a shop without asking.
Eating a lot of extra food and sugary snacks every day is not healthy for you.
This makes mummy and daddy worried that you are not eating healthy.
Most people try to stay slim and eat healthy food by having three meals a day and a few snacks.
You should try to eat three meals a day- Breakfast, Lunch and Dinner
You should try to have healthy snacks such as fruit or popcorn.
If you want a special treat such as a chocolate bar or crisps you should try and ask mummy or daddy.