Healthy Food For Eyes

Module 1 Eye Health

Look through some different magazines. Cut out pictures of foods that you see. Decide if they are healthy or unhealthy for your eyes. Using glue, paste each picture under the `unhealthy` or `healthy` category that you think is correct.

Foods That Are Healthy For My Eyes	Foods That Are Unhealthy For My Eyes

Alternatively to using magazines to find pictures of food, use the pictures below .