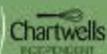




School
@
Home



The
Super Yummy
Kitchen



Chartwells
EAT LEARN LIVE



**Fibre is like
a cleaner
for the gut!**

School
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The
Super Yummy
Kitchen

Chartwells
WILLIAMSBAY RECREATION

Fibre: The Tummy Cleaner!

KS2

Today's curriculum links:
SCIENCE & PSHE

?

Fibre is a carbohydrate that the body **can't digest**. Fibre sweeps out the digestive tract, moving everything along, keeping the **digestive system** healthy!

Can you guess which **3** foods have the most amount of fibre and which **3** have the least?

BONUS QUESTION?!

Can you put all the foods in **order** of which contains the least to most amount of **fibre**?

Only 10% of the population of the UK get enough Fibre!

5-11 year olds should have 20g of fibre per day.

Wholegrains, fruits, vegetables, beans, lentils & nuts are the best sources of fibre.

1



2



3



4



5



6



7



8



9

