Name: Date:

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| --- | --- | --- |
|  | This is George. He is 8 years old and loves sports of any kind. He plays in defence on the school basketball team and is the top goal scorer in his local football club!  Keeping fit is very important to him so in his spare time he jogs with his brother Jack.  Life seems to be good for George but his family are worried about him and they need some help from you.  George is a fussy eater. His family try hard to persuade him to eat more healthily but he will only eat cheese and tomato pizza, and hotdogs with lots of ketchup. Nothing else! Breakfast for George doesn’t exist. |  |

**Step one:** What questions can we ask George about his eating?

1.

2.

3.

**Step two:** Give five reasons why it is important to eat lots of different foods each day.

1.

2.

3.

4.

5.

**Step three:** Do you have any evidence? What could happen if George doesn’t change his diet?

**Step four:** Can you finish each sentence starter to try and convince George to change his fussy eating habits.

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| --- |
| I really think...  I know…  You must…  What if…  It’s important to… |