

## WALT Respond to Text

### **Success Criteria: I will be able to...**

- Reflect upon what new information I have learned
- Reflect upon what I have found interesting
- Consider what I want to know more about

### **3 things I have learned are:**

1. Too much fats can harm our health
2. There's actually Iron and zinc in our body
3. Carbohydrates also helps the nervous system and brain

### **2 things I have found interesting are:**

1. That zinc helps wounds to heal
2. And iron help red blood cells

### **1 thing I would like to know more about is:**

1. Is how the iron and zinc helps you body