



# Healthy Activity Plans

HARVEST GAME (KS1 focus)

Please use the **Eatwell Guide** for reference

## Objective

To get children to question and understand where fruit and vegetables come from

## Why is it important?

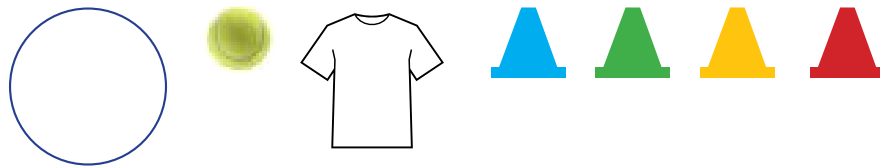
To encourage them to eat a variety of fruit and vegetables from a young age.



## Equipment

Hoops, tennis balls, bibs, colour cones

## Diagram



## Instructions

Introduce the topic of fruit and vegetables. As a group how many different types can we name? Discuss that fruit can grow on trees or plants and vegetables can grow in soil.

- Divide the class up into small teams (4 children per team) and position the teams on the outside of the area. The size of the area is at your discretion.
- In the centre of the area scatter numerous hoops around with tennis balls inside of them (replicating trees and fruit).
- Everywhere else in the area scatter bibs around with beanbags placed under random bibs (replicating soil and vegetables). Leave some bibs with nothing below them.
- One team member at a time has to run into the area and collect one of the items to take back to their team.
- The aim of the game is to be the first team to collect (harvest) 5 fruit or vegetables. Discuss the importance of trying to eat 5 or more portions of fruit and vegetables a day.
- You can increase the amount that they need to 'harvest' at your discretion.
- **Progression 1** - Dictate the way the children have to take the items back e.g. throwing and catching the tennis balls.
- **Progression 2** - Add in a team of scarecrows into the area whose job is to protect their crops. The scarecrows have to tag the children as they try to take their 'fruit and vegetables'. If a child is tagged they must return their item and swap with a team member.



# Healthy Activity Plans

FOOD FINDER (KS1 focus)

Please use the **Eatwell Guide** for reference

## Objective

To be able to recognise different food groups

## Why is it important?

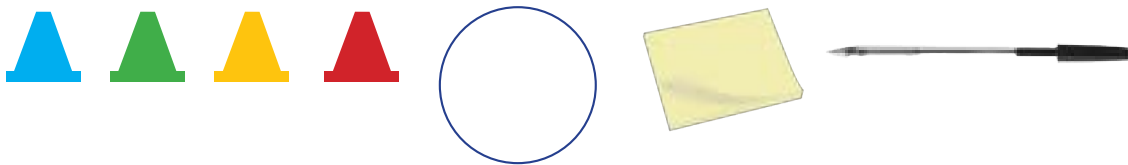
To enable children to choose different types of food



## Equipment

Cones, hoops, sticky labels, pen

## Diagram



## Instructions

- Scatter numerous cones all around the area. The size of the area is at the discretion of the coach.
- Divide the group up into small teams or pairs.
- Underneath random cones attach sticky labels with examples of foods on them. Keep the words short to help the children. Use images to make it easier if possible. Make sure there is a wide variety of healthy and unhealthy types of food.
- If a child turns over a cone with a label on it they take it back and place it within their teams hoop.
- If a child turns over a blank cone they must return to their team and swap with a teammate, they can't keep turning cones until they find one.
- After a few minutes stop the group. The team that has collected the most foods are the winners.
- Progression- The unhealthy foods no longer count towards a team's score. Can the children identify what is 'unhealthy'? Discuss why they feel the foods are unhealthy.

# Healthy Activity Plans



Can we build our own balanced meals? (Year 3-4 focus)  
Please use the **Eatwell Guide** for reference

## Objective

To gain a better understanding of the 4 main food groups

## Why is it important?

To allow children to choose a more balanced plate of food



## Equipment

Colour cones, beanbags

## Diagram



## Instructions

- Split the group into even teams no more than 4-5 per team and give them 1 beanbag per player.
- Each team is positioned behind a starting line.
- Within the area scatter numerous yellow, blue, green and red cones at differing distances. Explain red = protein like meat, green = fruit and veg, Yellow = carbs and blue = dairy etc
- The coach calls out various colours and the teams have to throw their beanbags to try and hit the correct colour cones. If a player hits the correct colour they can remove that cone from the game (take it back with them).
- The first team to hit all the correct colour cones first are the winners.
- If the players miss a cone with their beanbags then they must retrieve it and join the back of their teams line.
- Progression- Start to say examples of foods as opposed to just the colours for each turn so that the groups have to work out what colour cones to aim at. An example of this would be if you called out apple then teams would need to try and throw their beanbag at a green cone. Remember to help the groups by allowing them to refer to the Eatwell Guide picture.



# Healthy Activity Plans

How can we keep our body healthy? (Year 3-4 focus)  
Please use the **Eatwell Guide** for reference

## Objective

To understand healthy and unhealthy food choices

## Why is it important?

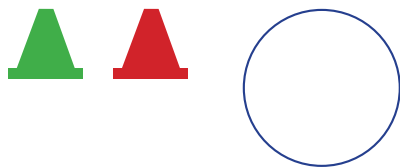
To enable children to make an informed decision when choosing food.



## Equipment

Colour cones, hoops

## Diagram



## Instructions

- Divide the group into small teams or pairs and give them a hoop, 2 x red cones, 2 x green cones.
- Each team starts with their 2 red and 2 green cones in their hoop to act as their 'body' with the green cones acting as positive/healthy choices and the red cones acting as negative/unhealthy choices.
- The number of starting items can be increased at the discretion of the coach.
- The aim of the game is to have the highest number of green or healthy items in your hoop (body) when the game is stopped.
- Players can only carry 1 item at a time.
- Players are able to take away red/unhealthy items from their own hoops to place in opponents.
- Players can't stop opponents stealing items.
- Start to question what the foods represent. Ask for examples from the children.
- Explain why a diet full of unhealthy choices would be detrimental to their health.

# Healthy Activity Plans



## Understanding Sugar

Please use the **Eatwell Guide** for reference

### Objective

To understand the differing levels and types of sugar in food and drink

### Why is it important?

To give children a better understanding of the risks of excessive sugar and how to make better choices.

### Equipment

Sugar (1 bag), Zip-through bags (min 10), Weighing scales (optional), Picture cards/ physical products (types at your discretion).



### Instructions

- Divide the group up into small teams (4-5 max) and give each team a different selection of the image cards and a set of corresponding sugar bags.
- The group must discuss and place the sugar bags on what they think is the correct corresponding image e.g. 10g bag on the yoghurt image.
- Give the groups enough time to discuss this.
- **Reveal answers.** Go to each group and reveal the answers. 1 point for each correct answer. Note down the points for each team before rotating the teams to a new set of picture cards and repeating the task. The team with the most correct answers is the winner.
- **Q and A** with group to discuss their thoughts and current knowledge.
- Discuss the daily limit of added sugar with the group- 24g. Can the group visualize that against their sugar bags?
- Show the group a 24g sugar bag. Gauge reaction and discuss.
- **Q:** What's the difference in added and natural sugar?
- **A:** natural sugar isn't added to food/drinks.
- Can the group think of 5-10 examples of natural sugar food/drinks?
- **EXTRA Q:** When might it be useful to have high sugar foods/drinks even unhealthy ones?
- **A:** During sport so that we can get an instant hit of sugar (carbohydrates) to gain an energy boost.
- Can we think of any examples?

Optional Activity: Get the children to weigh the sugar and add it to the bags themselves.

Examples of food/drink you could use and their sugar content: Mango- 17g, Milk (1 litre)- 28g, Yoghurt- 20g, Frosties (40g bowl)- 11g, orange juice (330ml)- 26g, Coca-Cola (500ml)- 53g, Red Bull (275ml)- 27g, Dairy Milk (200g)- 100g, Lucozade (500ml)- 30g, Skittles Snack Bag- 33g.

# Healthy Activity Plans



Can we quickly recognise foods? (upper KS2 focus)  
Please use the **Eatwell Guide** for reference

## Objective

To recognise the different food groups

## Why is it important?

To enable children to use their knowledge to build a balanced diet

## Equipment

Colour cones, tennis balls



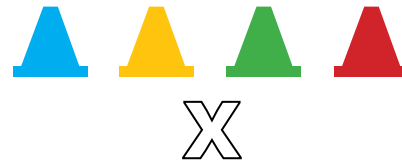
## Instructions

- Divide the class up into pairs.
- **Game 1:** Place a white cone in the middle of a red and green cone. Ensure the red and green cones are 10 strides away. The green and red cones represent 'healthy' and 'unhealthy' food choices respectively. Players start at the central white cone. The coach calls out examples of healthy and unhealthy foods and players must quickly run and stand next to the correct colour. Game repeats.
- **Game 2:** Place a white cone 10 strides away from a line of blue, yellow, green and red cones. These cones represent the 4 main food groups (refer to Eatwell Guide). Players start at the central white cone. The coach calls out examples from a food groups and players must quickly run and stand next to the correct colour. Game repeats.
- **Game 3:** Same set up as game 2, however 2 different colour balls are placed on top of 2 cones. The non- active player (or coach) calls out food examples from 2 of the groups. The active player must rearrange the balls to the correct places. Rotate player roles and repeat.
- **Game 4:** Same set up as game 2, however a ball is placed on top of each cone. Both players are positioned on opposite sides of the cone line and equal distance apart. The coach calls out body parts and the active players must put their hands on these body parts e.g. hands on head. When the coach calls out a colour/food group/or specific food instead of a body part the players must race to be the first player to pick up the correct ball from the colour cones. If a player gets there first they win a point. Game resets and repeats.

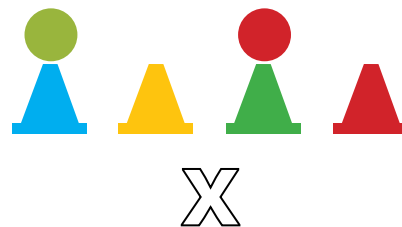
### Game 1



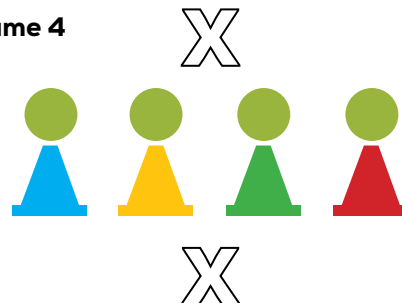
### Game 2



### Game 3



### Game 4





# Healthy Activity Plans

## Easy Bake Pizza Recipe

Pizza is a great way to get a variety of food groups into one meal. By making the dough yourself, this is a fun and healthier version for you to try. You can also add whatever toppings you enjoy and get creative with how you place them on top with a focus on vegetables!

### Equipment

- 1 baking tray
- Baking parchment
- Rolling pin
- Mixing bowl
- Mixing spoon
- Spoon to spread the sauce
- Knife
- Chopping board



### Ingredients

- For the pizza base
- 100g self-raising flour
- ¼ tsp baking powder
- 100g natural yoghurt

### For the toppings

- 100g Passata
- ½ ball mozzarella (or any other cheese)

Any other toppings of your choice (think sliced onions, peppers, sweetcorn, olives, mushrooms, pineapple – whatever you like!)

Portion suitable for 1-2 people.

### Method

1. Preheat two baking trays in the oven at 220°C fan/ 230°C convection.
2. Mix the flour, baking powder and yoghurt together in a bowl to make a dough. Knead for 2 minutes. If the dough is dry add a little water, or if the dough is wet add a little extra flour.
3. Roll out the dough to the thickness of a pound coin using a little extra flour to stop it from sticking. Place on a piece of baking parchment.
4. Take half the passata and spread it on the base, leaving a 1cm wide boarder around the edge.
5. Take the mozzarella, roughly tear and place around the tomato sauce, again keeping clear of the edge.
6. If you want to add any extra toppings, chop up your veggies into small pieces and place around the pizza dough. Why not get creative and design a picture with your toppings!
7. Place on the preheated baking tray and bake in the oven for 8-10 minutes or until the edges are golden brown and the cheese is bubbling.
8. Remove from the oven, cut into slices and serve.
9. If you don't have access to an oven you could follow steps 2-6 and then place the pizza in a container to cook at home.



# Healthy Activity Plans

## Rainbow Fruit Kebabs

A great way to have fun whilst preparing and tasting lots of different fruit is to make rainbow fruit kebabs. There are 7 colours in the rainbow, so we have created a recipe with 7 types of fruit to feed 7 people. There is no right or wrong way to cut up your fruit, we have given a guide to help but as long as you have fun and get to try each flavour that's all that counts. Just increase the numbers for more people.

### Equipment

- Knife
- Chopping board
- 7 wooden skewers



### Ingredients

- 7 raspberries
- 7 strawberries
- 7 tangerine segments
- 7 peeled pineapple chunks
- 7 peeled kiwi fruit chunks
- 7 red grapes
- 14 blueberries

### Method

- 1.** Wash your grapes, blueberries, strawberries and raspberries under cold water.
- 2.** Chop the top off your strawberries.
- 3.** Cut your pineapple into chunks, first chop off the top and the bottom. Then slice away the skin, be careful to slice off all the prickly bits. You can then cut around the core and chop into small chunks.
- 4.** Slice your grapes lengthways in half.
- 5.** Peel your kiwi with either a knife or a peeler. Then slice into thin circles and quarter.
- 6.** Peel your tangerine and separate the segments.
- 7.** Take 7 wooden skewers and thread the following fruit onto each – 1 raspberry, 1 strawberry, 1 tangerine segment, 1 chunk of peeled pineapple, 1 slice of peeled kiwi, both red grape halves, and finish off with 2 blueberries. Arrange in a rainbow shape and let everyone help themselves.





# Healthy Activity Plans

## Smoothie Making

A great way to eat healthily is to make a smoothie for one of your meals. Smoothies can be made up of lots of different fruits and vegetables to help you get your 5 portions of fruit and vegetables a day. They are also full of fresh ingredients and help you stay hydrated. Try making one of the recipes below or why not create your own?

### Equipment

- Knife
- Chopping board
- Blender

### Top tips for eating healthily are:

1. Eat 5 or more pieces of fruit and veg every day
2. Drink plenty of water
3. Avoid high sugar, salt and fatty foods
4. Eat a wide variety of different foods
5. Eat fresh food

### The Blue One

#### Ingredients

- A handful of blueberries
- 1 banana
- 100ml apple juice
- 1 tbsp yoghurt

### The Red One

#### Ingredients

- A handful of strawberries
- A handful of raspberries
- 1 banana
- 100ml orange juice



### Method

1. Place all the ingredients for your chosen smoothie in to the blender and blend together until smooth.
2. Pour into a glass and enjoy!



My Recipe Ideas



A large, blank sheet of white paper with horizontal blue lines and a vertical pink margin line on the left side, intended for writing recipe ideas.

