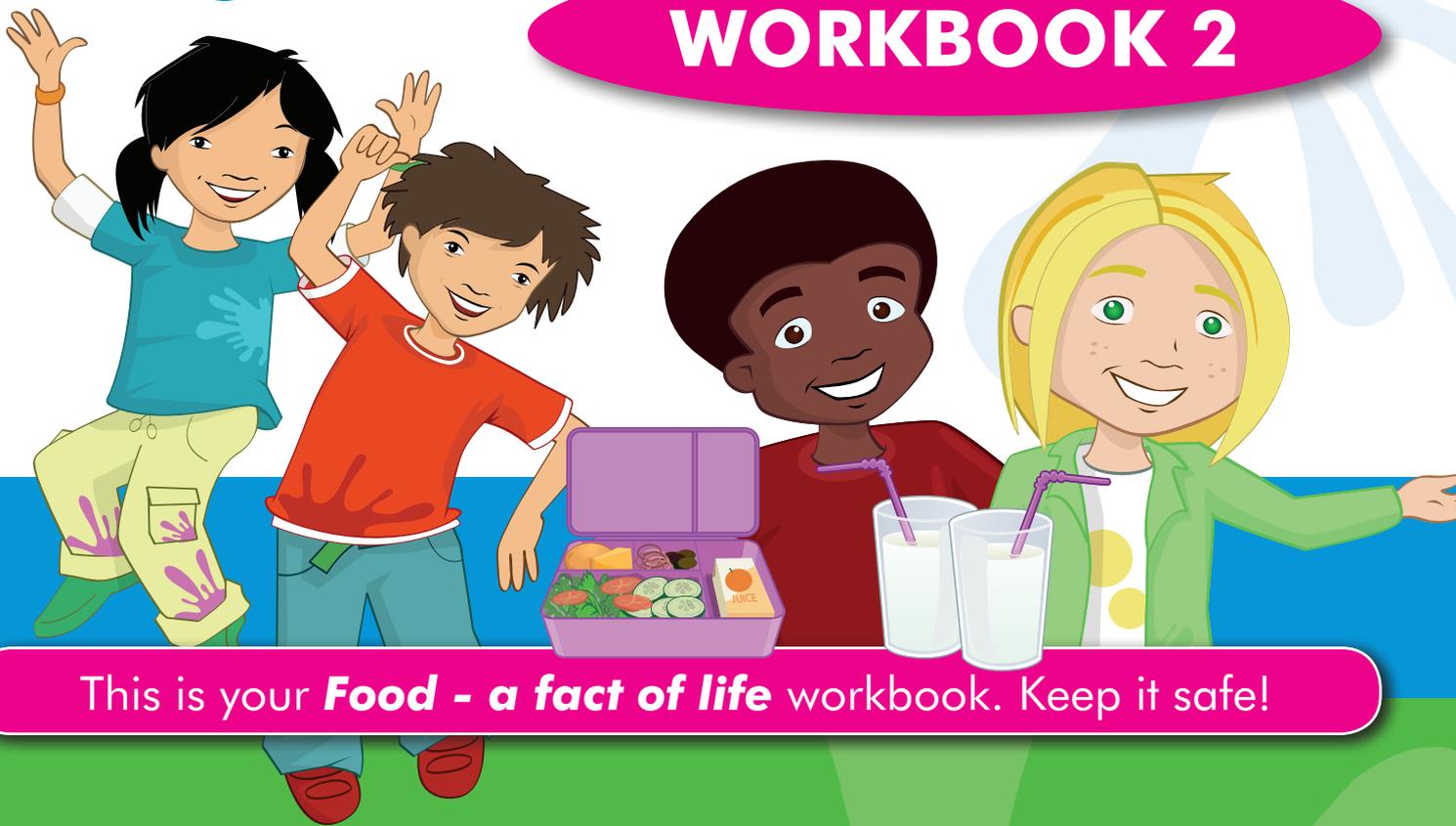


FOOD

a fact of life

WORKBOOK 2



This is your **Food - a fact of life** workbook. Keep it safe!

Name:

Date:



Ask your parent/carer to sign each page when you have completed the activity.



Remember to sign your pupil pledge after you finish each page.

5 A DAY!

Fruit and vegetables provide important vitamins and minerals to help keep us healthy. Fruit and vegetables also provide fibre for a healthy digestive system.

We should eat at least 5 portions of fruit and vegetables every day. Fresh, frozen, canned, dried and juiced all count. We should try to have a variety. A rough guide to a portion is the amount that fits in the palm of your hand. Fruit juice and smoothies should be limited to a combined maximum of 150ml per day.



Task

Write what you could eat at these mealtimes to get your 5 A DAY.

Breakfast

Lunch

Evening meal

Snacks

Task

Draw examples of each type of fruit and vegetable in the boxes below. Tick your favourite of each type.

Fresh

Frozen

Canned

Juiced

Dried



Parent/carer task

Check all the activities above have been completed. Why not create a tally chart for the family to complete to make sure everyone is having at least 5 portions of fruit and vegetables every day?



Parent/carer signature:



Pupil pledge: I will have at least 5 A DAY every day!



Eat breakfast!



A healthy breakfast...

- provides us with nutrients and energy;
- helps us to concentrate at school.

Task

We should have breakfast every day of the week. Do you?
Fill in the chart below for a week.

Day	Food	Drink
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Task

Design a healthy breakfast for you and a friend which includes food and drink from at least 3 of these groups from the Eatwell Guide.



Parent/carer task

Check all the activities above have been completed. Why not have a 'Breakfast week' at home – you could make breakfast together, try new breakfasts and eat breakfast together as a family?



Parent/carer signature: _____



Pupil pledge: I will eat breakfast every day!

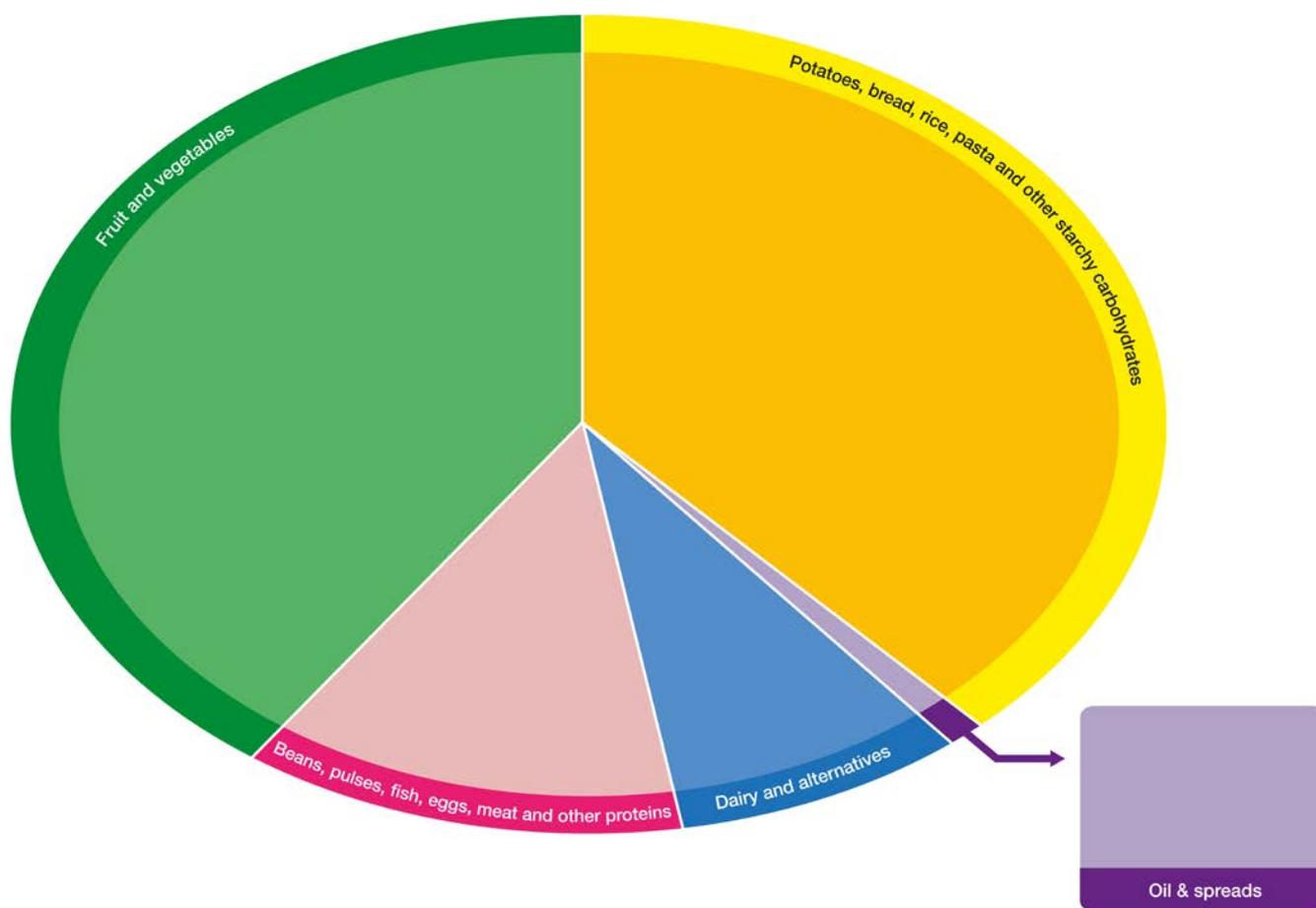
Eat well!



The Eatwell Guide shows us the different amounts and types of food we need to eat to have a healthy diet.

Task

Sort the food and drinks below into the correct food groups of the Eatwell Guide.



Different foods and drinks contain different amounts of energy. Energy is measured in kilojoules (kJ) or calories (kcal). Kilojoules is the metric measure.



Task

Read the labels on the foods below to find out how much energy they provide. Write three facts you find interesting or surprising when you compare the energy in the different foods.

Food	Energy (kJ/kcal) per 100g
Baked beans (canned)	
Bread (sliced loaf)	
Breakfast cereal	
Pineapple (canned)	

Interesting Facts

- 1 _____
- 2 _____
- 3 _____

Eat well!



Task

Complete the food diary below with the food and drink you have over one day.

Food	Breakfast	Lunch	Evening meal	Snacks
Fruit and vegetables				
Potatoes, bread, rice, pasta and other starchy carbohydrates				
Beans, pulses, fish, eggs, meat and other proteins				
Dairy and alternatives				
Oil and spreads				

We need to have a balance and variety of different food and drinks to get the nutrients, fibre and water we need to stay healthy.

Task

Draw a line to match each food to the nutrient it provides.

Pasta

Tuna

Cheese

Oil

Orange

Vitamin (C)

Carbohydrate

Mineral (calcium)

Protein

Fat



Parent/carer task

Check that all the food and drink consumed during the day has been recorded. Why not plan meals and snacks for a day with your child. Check that your food and drink plan reflects the balance and variety of *The Eatwell Guide* over a period of time. You could make one of the meals in the plan with your child.



Parent/carer signature: _____



Pupil pledge: I will eat a healthy, varied diet. _____

Drink plenty!

We need to drink at least 6-8 drinks a day. We should drink more when it is hot or when we are being active.



Drink plenty of water



Have milk regularly



Limit fruit juice and/or smoothies to a combined total of 150ml per day

Task

Colour in a glass each time you have a drink.

	Number of drinks
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Did you have 6-8 drinks every day?

If not, how could you add more drinks to your day?



Parent/carer task

Do you have at least 6-8 drinks a day?

Why not record what you drink for a day to check you are drinking enough?



Parent/carer signature: _____



Pupil pledge: I will have 6-8 drinks a day! _____

Get active!

We need to be active for at least 60 minutes every day. Throughout the day we should sit less and move more.

WHAT COUNTS?

Activities which:

- Make us feel warmer
- Make us breathe harder
- Make our heart beat faster



Task

Write the letter by each activity where you think it belongs on the scale below. Add some extra activities to the scale.

- | | | |
|------------------------------|---------------------|-----------------------|
| a) Running fast | d) Swimming gently | g) Sitting in the car |
| b) Watching TV | e) Playing football | h) Walking to school |
| c) Playing tag at break time | f) Gardening | i) Riding a bike |

← **Sitting** **Being very active** →

Task

Record your activity every day for a week.

	What activities did you do?	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

What was your favourite activity? _____

How could you spend less time sitting and more time moving? _____

How can you include more activities to count towards your 60 minutes? _____



Parent/carer task

Check that all the activity has been recorded in the diary. Why not try to do some activities with your child, e.g. going for a bike ride or making up your own active game at home?



Parent/carer signature: _____



Pupil pledge: I will be active for 60 minutes every day! _____

Track your pledges

You have made 5 pledges in your workbook. Write a plan to achieve your pledges and then track them for a week. Tick each day when you achieve your pledge. Here are some examples of ways these characters are planning to meet their pledges.



I will be active at break and lunchtimes.



I will help make a healthy lunch.



Task

Write how you plan to complete each pledge. Track your progress for 5 days.

Pledge	Plan	Day 1	Day 2	Day 3	Day 4	Day 5

One week later

Did you achieve all your pledges for the 5 days? _____

Explain how you got on _____



Parent/carer task

Discuss your child's pledge with them and help them think of ways to achieve their pledge. Make your own healthy eating and activity promise and share with your child.



Parent/carer signature: _____

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