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

Breakfast

Lunch

Evening meal

Snacks

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!
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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Food</th>
<th>Drink</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
<td></td>
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<tr>
<td>Tuesday</td>
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<td>Saturday</td>
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<tr>
<td>Sunday</td>
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</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Food</th>
<th>Energy (kJ/kcal) per 100g</th>
<th>Interesting Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked beans (canned)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread (sliced loaf)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breakfast cereal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pineapple (canned)</td>
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</tr>
</tbody>
</table>
**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.

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

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### Eat well!

**Task**

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

<table>
<thead>
<tr>
<th>Food</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Evening meal</th>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit and vegetables</td>
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<tr>
<td>Potatoes, bread, rice, pasta and other starchy carbohydrates</td>
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<td></td>
<td></td>
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<tr>
<td>Beans, pulses, fish, eggs, meat and other proteins</td>
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<tr>
<td>Dairy and alternatives</td>
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<tr>
<td>Oil and spreads</td>
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</tbody>
</table>

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**Task**

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

- Pasta: Vitamin (C)
- Tuna: Carbohydrate
- Cheese: Mineral (calcium)
- Oil: Protein
- Orange: Fat

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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.
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.

Task

Colour in a glass each time you have a drink.

<table>
<thead>
<tr>
<th>Number of drinks</th>
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<tbody>
<tr>
<td>Monday</td>
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<td>Sunday</td>
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</tbody>
</table>

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

Did you have 6-8 drinks every day?

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

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.

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

WHAT COUNTS?
Activities which:
- Make us feel warmer
- Make us breathe harder
- Make our heart beat faster

Task
Record your activity every day for a week.

<table>
<thead>
<tr>
<th>What activities did you do?</th>
<th>Minutes</th>
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<tbody>
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<td>Monday</td>
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</table>

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.

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

<table>
<thead>
<tr>
<th>Pledge</th>
<th>Plan</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
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**One week later**
Did you achieve all your pledges for the 5 days?

Explain how you got on

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