

FOOD

a fact of life

WORKBOOK 1



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

Name:

Date:

Draw a picture of yourself here:

A large, empty rectangular box with a light blue border, intended for a child to draw a picture of themselves.

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



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





5 A DAY!

Fruit and vegetables help to keep us healthy. We should eat at least 5 portions of fruit and vegetables every day.







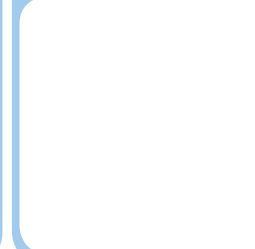
Task

Help Alisha, Jordan, Nicola and Ronnie get their 5 A DAY. Give them two 5 A DAY ideas each.

| Breakfast | Lunch | Evening meal | Snacks |
|---|--|---|--|
|  Alisha |  Jordan |  Nicola |  Ronnie |

Task

Draw fruit and vegetables in the boxes below. Tick your favourite fruit and vegetables!

| Fresh | Frozen | Canned | Juiced | Dried |
|---|---|---|--|---|
|  |  |  |  |  |



Parent/carers 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/carers signature: _____



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



Eat breakfast!

Eat breakfast every day. Breakfast gives us energy so we can do our school work and be active.



Task

Record what you and two others had for breakfast on a week day and a weekend day below.

| Name | Day | Breakfast (include a drink) |
|----------------------------|---------|-----------------------------|
| Your name: | Week | |
| | Weekend | |
| Friend/family member name: | Week | |
| | Weekend | |
| Friend/family member name: | Week | |
| | Weekend | |

Try to include a portion of fruit or vegetables with your breakfast!

Remember to have a drink with your breakfast too!

Task

Draw your favourite healthy breakfast.

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. Remember to include a drink!

Parent/carer signature: _____

Pupil promise: I will eat breakfast every day! _____

Eat well!



We use *The Eatwell Guide* to help us follow a healthy, varied diet.
The Eatwell Guide shows the different amounts and types of food we need to eat.

Task

Which is your favourite food in each group?



Task

Draw or write the foods you can see in these food groups.

Fruit and vegetables

Potatoes, bread, rice, pasta and other starchy carbohydrates

Beans, pulses, fish, eggs, meat and other proteins

Dairy and alternatives

What colours are the two biggest food groups?

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 | | | | |
| Other | | | | |

“ Eat at least 2 portions of fish a week, 1 portion should be oily (e.g. salmon, sardines, mackerel). How many have you had this week? ”

“ What foods have you had from the potatoes, bread, rice, pasta and other starchy carbohydrates group this week? ”

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 promise: 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.



“ Water and milk are good drinks to have. ”

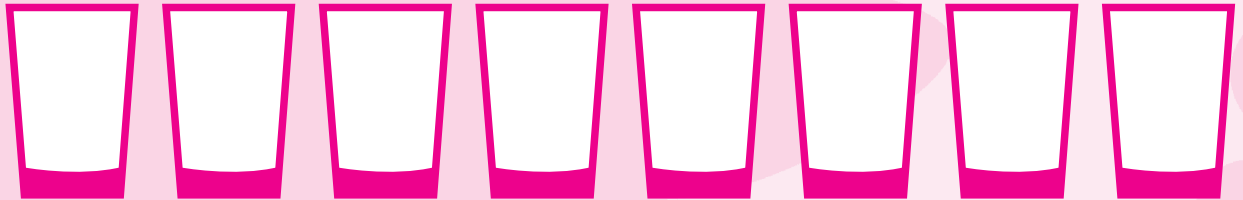
“ A 150ml glass of fruit juice or smoothie can count towards our 5 A DAY. ”



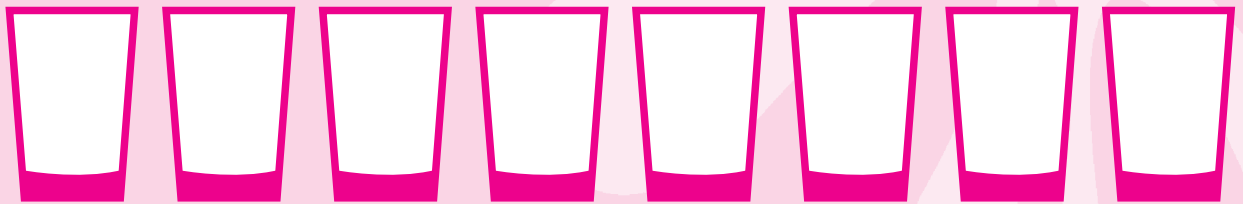
Task

Colour in a glass each time you have a drink over 2 days.

Day 1



Day 2



Did you have 6-8 drinks each day?

Yes ☐

No ☐

Task

Design a sticker to remind people to drink plenty.

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

Get active!

We should be active for at least 60 minutes every day.

WHAT COUNTS?

Activities which:

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

Task

Colour these activities according to the key.

| | |
|--|---|
| Running <input type="radio"/> | Eating a meal <input type="radio"/> |
| Watching TV <input type="radio"/> | Playing netball <input type="radio"/> |
| Playing computer games <input type="radio"/> | Cycling to school <input type="radio"/> |
| Playing tennis <input type="radio"/> | Playing games <input type="radio"/> |
| Walking <input type="radio"/> | |

Key

- S** Sitting
- M** Moving
- A** Active
(counts towards 60 minutes)



"We should try to spend less time sitting and move more. Why not cycle or walk to school?"

Task

Show how active you are for a week. Colour your activities according to the key above.

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



Parent/carers 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/carers signature: _____



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



Let's eat well and be active

Through using this workbook, you have learnt about eating well and being active. You have made promises at the bottom of each page. Now plan how you will do these. Here are some examples.



I will eat 5 portions of fruit and vegetables every day, by including at least one portion at mealtimes and having fruit and vegetable snacks.



I will be active for 60 minutes every day. I am going to be active in the playground at break and lunchtimes and ride my bike to and from school.



I will eat well throughout the day. I am going to help my mum make a healthy lunch for me to eat at school.



Task

Write how you plan to complete each promise.

| Promise | How? |
|---|------|
| I will have at least 5 A DAY every day. | |
| I will have breakfast every day. | |
| I will have at least 6-8 drinks every day. | |
| I will eat well throughout the day. | |
| I will be active for at least 60 minutes a day. | |



Parent/carers task

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



Parent/carers signature:

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