

## 1 FAMILY CHALLENGE!

Choose a family challenger. Give yourself two points for eating these foods.  
Who can get the most points in a week?

FOOD	ME	CHALLENGER
broccoli		
cabbage (white or green)		
carrots		
mushrooms		
jacket potato		
brown bread		
yoghurt		
melon		
kiwi		
onions		
tomatoes		
raspberries		
blueberries		
milk		
porridge		
<b>TOTAL</b>		

## 2 ARE YOU SUPERHUMAN?

How superhuman are you? Circle which of these you can do.

Touch your toes without bending your knees

Say the alphabet backwards

Do a cartwheel outside

Say 'Red lorry yellow lorry' as fast as you can 20 times without getting it wrong

Rub your tummy and pat your head at the same time

Stand on one leg and sing the whole of 'Jingle Bells'

Wiggle your ears

3

## CARDIO WORDSEARCH

Find the activities in the wordsearch that are good for your heart and lungs. They can go forwards, backwards, down or diagonally, just like you.

- RUNNING
- ROWING
- DANCING
- SWIM
- SKI
- CYCLING
- HIKE
- GYMNASTICS
- TENNIS
- ATHLETICS
- BADMINTON
- RUGBY
- FOOTBALL
- YOGA
- NETBALL

R	T	O	M	L	C	S	M	I	W	S	W	Z	A	A
O	U	I	U	Y	J	N	T	E	E	K	I	H	D	A
W	E	N	Q	G	J	C	Y	C	L	I	N	G	L	T
I	W	E	N	A	D	S	Z	X	Y	R	T	N	O	H
N	Q	T	J	I	A	K	L	Y	F	Y	E	W	I	L
G	A	B	X	C	N	B	V	M	O	U	Y	L	P	E
J	O	A	L	E	C	G	S	I	O	G	U	P	W	T
I	P	L	R	F	I	D	L	O	T	E	A	P	Q	I
F	H	L	G	Y	N	G	V	K	B	L	E	R	L	C
I	E	P	R	N	G	Y	M	N	A	S	T	I	C	S
V	M	G	U	O	P	E	B	R	L	L	E	S	P	I
D	S	R	G	T	W	M	E	Y	L	M	N	G	P	T
F	G	N	B	A	D	M	I	N	T	O	N	L	O	M
J	C	E	Y	T	K	U	O	P	L	E	I	P	U	O
F	G	H	K	O	L	T	M	I	R	U	S	P	E	M

4

## WHAT AM I?

Can you match the foods listed below to the clues on the right?

- CARROT
- MILK
- ORANGE
- POTATO
- BROCCOLI
- LETTUCE

- A** I am green and I am a vegetable. I am a good source of iron and vitamins. Some people say I look like a tree.
- B** I am orange and sweet. I am full of vitamin C and good at stopping you from getting a cold.
- C** I am green and you usually eat me straight from the fridge. I am happy with tomatoes and cucumber.
- D** When I keep my jacket on I have lots of fibre. I also contain vitamin C.
- E** I have a special chemical called calcium which helps teeth and bones to stay healthy.
- F** I am good in a soup and I've got plenty of vitamins and fibre. They used to say that I could help you to see in the dark but that might not be true.