

Research the Eatwell Guide and use this to plan a day of healthy eating.

Write an acrostic poem entitled Healthy Eating.

Give a talk to your family about your favourite healthy food.

Healthy Eating Reading Comprehension

Hold a debate with your family and use the **Should Primary Schools Have Vending Machines Worksheet** to help you plan your ideas.

Design a poster advertising your snack tuck shop at home.

Create a **Healthy Rainbow Design Worksheet** using your favourite foods to make the rainbow.

Create a piece of artwork inspired by your favourite food.

Create and film an advert for your favourite healthy snack. Explain why it's healthy.

Set up a snack tuck shop at home. **Healthy Tuck Shop Price List**

Use the **Healthy Eating Loop Cards** to investigate facts about healthy food.

Investigate food miles using **How Far Did My Food Travel Worksheet**.

Plan a healthy meal for your family.

Design a packed lunch box that encourages children to eat healthily. Use the **Packed Lunch Worksheet**.

Design new packaging for healthy food. Focus on advertising to children. Remember to explain the health benefits. Use the **Comparing Adverts Worksheet** to help you.

Follow a recipe by correctly weighing out ingredients and following instructions.

Healthy Eating Quiz

Explore the **Food Labels Hunt Worksheet**.

Try different foods and discuss likes and dislikes with your family. Complete a **food tasting activity sheet with different members of your family. Do you all have the same tastes?**

Sort foods into categories of those we should eat often and those we should eat less regularly. **Healthy Eating Sorting Activity**.

Research and identify different food categories and sort foods into them.

Keep a personal **Food Journal** for the week.

Explore the **Think Before You Drink Experiment** and discuss your findings with a family member.

Skills developed in this grid include:

- problem-solving
- healthy eating
- communication
- talking and listening
- independent writing
- responsible living
- co-operation