



Name

School

A Little Treat

Most people like some foods that contain a lot of sugar, like sweets or chocolate. Too much sugar is not good for our teeth, or for us. It is fine to have a little of these foods as a special treat. Can you unscramble the letters below to reveal the foods high in sugar?

kace

bcuiists

wsseet

cchooatel

ajm

merueing

It might help if you visit the Dodgems game in the funfair to find out about sugary foods. www.myschoollunch.co.uk

A picture of a banana is hidden somewhere on this activity sheet, can you find it?

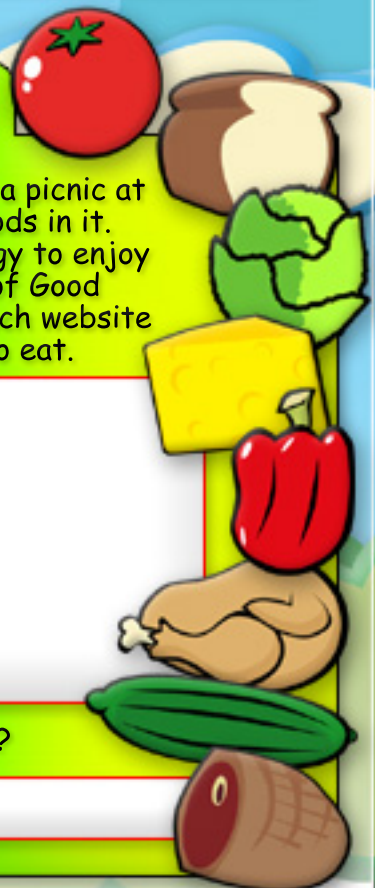


Bananas are delicious and make great snacks. They also help you to eat five portions of fruit and vegetables each day.

A Healthy Sandwich

Design a sandwich that you could take on a picnic at the weekend. Try and put a variety of foods in it. Think about foods that will give you energy to enjoy your day out. Have a look at the Balance of Good Health Food Wheel on the My School Lunch website for ideas of which foods you should try to eat.

Where would you like to go on your picnic?



Fighting Germs With Vitamins

Vitamins, especially Vitamin C can help us fight bad germs and viruses and help us remain healthy. Vitamins can be found in most fruit and vegetables. Search the grid below to find examples of these foods.



- BROCCOLI
- ORANGE
- APPLE
- CARROTS
- PEAR
- BANANA
- LEMON

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

Go to the funfair and play Level 3 of 'Muncher'. If Munch eats foods like these you will score bonus points.