



# GET STUCK IN

## ACTIVITY SHEET

### HEALTHY A-Z

Complete your healthy A-Z by writing or drawing a healthy food, sport, action or active game for each letter. How many letters can you complete?

A		H	
B		I	
C		J	
D		K	
E		L	
F		M	
G		N	



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O		U	
P		V	
Q		W	
R		X	
S		Y	
T		Z	

### Hint, how about...

**A** for apricot or aerobics

**Z** for zooming around the park?

Once you've finished your A-Z, how about trying out your ideas?

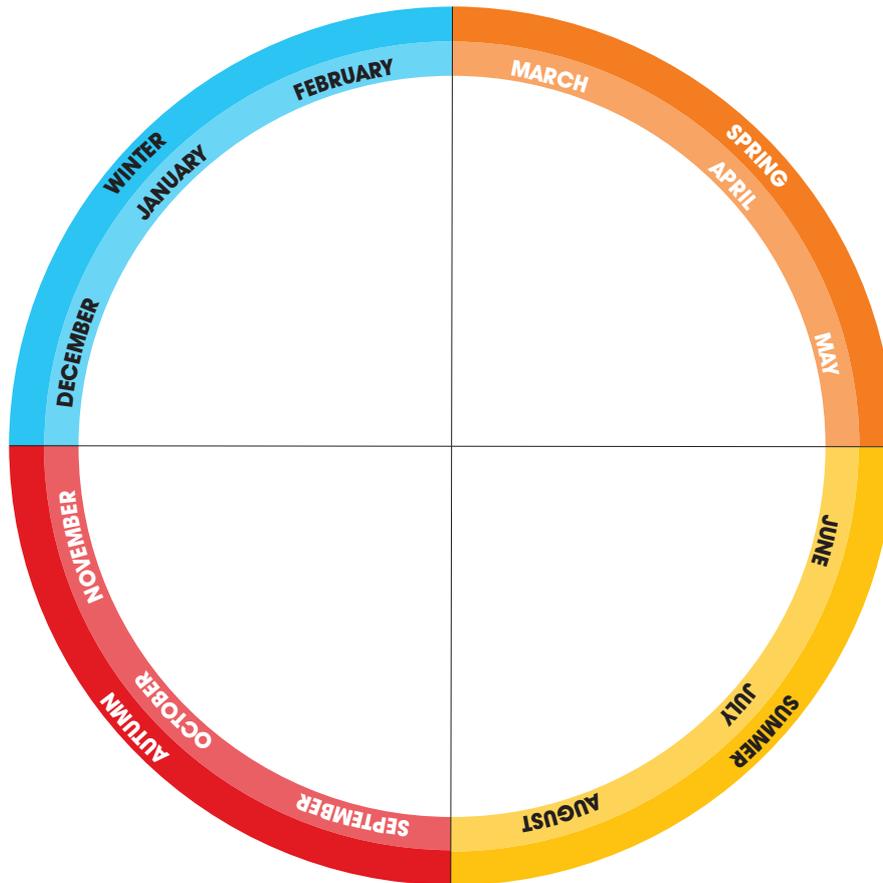
Taste the foods, find out more about the sports and play the games. How many can you try?

## ACTIVITY SHEET

# SEASONALITY WHEEL

Fruit and vegetables taste best when they are eaten in season.

Match the foods below to the season or seasons (spring, summer, autumn, winter) in which they are at their best in the UK. Draw or write the fruit or vegetable in the correct section(s) of the wheel.



Carrots



Asparagus



Lettuce



Cauliflower



Cherries



Raspberries



Brussels sprouts



Cabbage



Strawberries



Rhubarb



Courgette



Red cabbage



**Challenge:** Do your own research. What other fruits and vegetables are in season at different times of the year? Write or draw the fruits and vegetables you discover in the correct section(s) of your seasonality wheel.



## ACTIVITY SHEET

# TEAM GB TRAINING BINGO

Get active with a game of Team GB training bingo!

### How to play

1. Choose one player to be the caller and give the other players a bingo card each.
2. Caller rolls a pair of dice and completes the action that the dice lands on (e.g. 3 = three star jumps).
3. Players see if they have that action on their bingo card. If they do, they must copy the action, then tick off that square.
4. The first player to complete all their actions wins!

### Team GB training bingo actions

**2** = Pretend you're throwing a javelin

**3** = Three star jumps

**4** = Four squats

**5** = Stretch as tall as possible

**6** = Pretend you're swimming

**7** = Jog on the spot

**8** = Pretend you're playing tennis

**9** = Four lunges

**10** = Pretend you're boxing

**11** = Stand on one leg

**12** = Jump in a circle

### Alternative game



Randomise a game of Simon Says.

1. Caller rolls the dice to decide the action.
2. Caller announces 'Simon says... jog on the spot' or simply 'jog on the spot'.
3. Any player who completes the action when the caller doesn't say 'Simon says' is out!



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Cut out the bingo cards below to use in your game of Team GB training bingo.

## Bingo card 1

Pretend you're boxing	Jog on the spot	Four squats
Stand on one leg	Pretend you're throwing a javelin	Pretend you're swimming

## Bingo card 2

Jog on the spot	Four lunges	Three star jumps
Four squats	Pretend you're throwing a javelin	Stand on one leg

## Bingo card 3

Pretend you're throwing a javelin	Jump in a circle	Pretend you're boxing
Stretch as tall as possible	Four squats	Stand on one leg

## Bingo card 4

Stretch as tall as possible	Three star jumps	Pretend you're swimming
Pretend you're playing tennis	Four lunges	Jump in a circle



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## ACTIVITY SHEET

# TASTE TREASURE HUNT

1. Match the tastes and the foods below



LEMON

SWEET



SOY SAUCE

UMAMI



MUSHROOMS

SOUR



BRUSSELS SPROUTS

BITTER



BLUEBERRIES

SALTY

2. Now go on a taste treasure hunt! Take a look around your kitchen or a local supermarket. What other foods can you find with each of these tastes? Draw or write the foods in the table below.

TASTE	NAME OF FOODS
Sweet	
Sour	
Salty	
Bitter	
Umami	



## ACTIVITY SHEET

# TASTE TREASURE HUNT

1. Match the five basic tastes and the foods below



LEMON

SWEET



SOY SAUCE

UMAMI



MUSHROOMS

SOUR



BRUSSELS SPROUTS

BITTER



BLUEBERRIES

SALTY

2. Now go on a taste treasure hunt! Take a look around your kitchen or a local supermarket. What other foods can you find with each of these tastes? Draw or write the foods in the table below.

TASTE	NAME OF FOODS
Sweet	
Sour	
Salty	
Bitter	
Umami	

3. Write a short description of the most interesting or unusual food you found. What does it look like, smell like, taste like? How is it stored? What dishes can it make?

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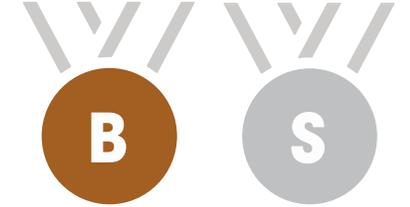


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## Take-home: cook



### Quick bento

A bento or bento box is a Japanese lunch box. Although bento traditionally includes rice, meat or fish, and pickled vegetables, you can pack a bento with a variety of different foods and flavours from all over the world. Try the range of no-cook and simple ideas below, each inspired by a different Olympic Games host city, or experiment to create your own! Whatever you do, remember to balance taste (find a mix of flavours), texture (add some crunch!) and food groups (protein, vegetables/fruits and carbohydrates).

#### Rio 2016

Chicken (or black bean) and salad wrap  
Tortilla chips  
Orange slices  
Tomato salsa

#### Athens 2008

Toasted pitta bread  
Hummus/dip  
Grape and cheese mini-kebabs  
Cucumber, tomato and mint salad

#### London 2012

Sandwich squares  
Apple slices  
Yoghurt and honey dip  
Blueberries and blackberries

#### Tokyo 2020

Cooked rice  
Sugar snap peas and sweetcorn  
Sliced chicken/omelette  
Soy sauce

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## Take-home: cook



### Japanese okonomiyaki

Okonomiyaki is a Japanese pancake, packed with fillings and flavours. Try this vegetarian recipe!

#### Ingredients

##### For the pancake

- 100g plain flour
- ½ tsp baking powder
- 1 egg, lightly beaten
- 100ml cooled vegetable stock
- 1 baby potato, peeled and grated
- ¼ white, pointed or sweetheart cabbage, shredded
- 1 spring onion, finely sliced
- thumb-sized piece ginger, grated
- 1 tsp soy sauce
- vegetable oil, for frying
- salt and pepper

##### For the sauce

- 3 tbsp ketchup/tomato sauce
- 1 tbsp brown/Worcestershire sauce
- 1 tbsp soy sauce
- splash of honey

##### Method

1. Combine the flour, baking powder, egg and stock. Mix until smooth. Add the potato and season with a salt and pepper. Leave to rest in the fridge for one to two hours.
2. Remove the mixture from the fridge and add the other ingredients (leave half the spring onion to one side for the garnish). Stir to coat the vegetables in the batter.
3. Pour the mixture into a lightly oiled pan in a circle and fry for three to five minutes before flipping and frying on the other side. Use a fork or chopstick to check the pancake is cooked all the way through (if it comes out clean it is cooked).
4. Serve with mayonnaise, sriracha and/or okonomiyaki sauce to taste!

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