



**POWER
TO PERFORM**

ACTIVITY GUIDE

WHAT'S YOUR FAVOURITE?

Warm up pupils' brains and bodies for a lesson on healthy eating and performance with this active starter.

YOU WILL NEED

No equipment required, but younger/less able pupils may find it useful if an image of the food or drink is displayed on the board to illustrate the question.

METHOD

1. Explain to pupils that you are going to ask a series of questions about food and drink. Each question has two answer options and pupils should pick the one they prefer and complete an action for that answer. Depending on the space available, the game can be run with the following actions.
 - Walk/run to the appropriate side of the room.
 - Stand up/sit down.
 - Stretch up as high as they can/crouch as low as they can to the floor.
2. Use the following list of questions, demonstrating the action for each option as you say the question (point to the correct side of the room/sit down or stand up etc.) Explain that there are no right or wrong answers to the questions, pupils should just answer what they personally think.

Which do you prefer...

- strawberries or apples?
- carrots or peas?
- bread or rice?

- milk or cheese?
 - chicken or chickpeas?
 - milkshake or fruit juice?
 - as a snack at breaktime: a banana or grapes?
 - to bring on a long walk: a cereal bar or berries?
 - for lunch after a PE session: pasta or sandwiches?
 - when you are running around on a hot day: water or orange squash?
3. Ask a few pupils to explain their answers to the final four questions.
 - Why did they pick that food or drink?
 - How does the food or drink make them feel?
 - Why is it a good food or drink after that activity?

Example one: I think pasta is tastier. It fills me up and makes me feel full of energy. I am always very hungry after PE.

Example two: I think sandwiches are better for lunch. Pasta at lunch makes me feel too full and sleepy.



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EATWELL GUIDE CARD SORT

1. Cut out the food and drinks cards.
2. Match the cards to the Eatwell Guide.

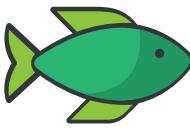
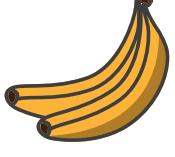
Chickpeas 	Potatoes 	Watermelon 	Grapes
Carrots 	Beef 	Peppers 	Yoghurt
Aubergine 	Bread 	Chicken 	Broccoli
Pasta 	Soya milk 	Strawberries 	Lentils
Milk 	Chocolate 	Nuts 	Cheese
Eggs 	Couscous 	Margarine 	Wholegrain cereal



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Mushroom 	Onion 	Fish 	Sweetcorn 
Rice 	Porridge 	Vegetable oil 	Tomato 
Glass of water 	Cake 	Crisps 	Sweets 
Orange 	Parsnip 	Ice cream 	Bananas 
Spaghetti 	Cherries 	Beetroot 	Beans 

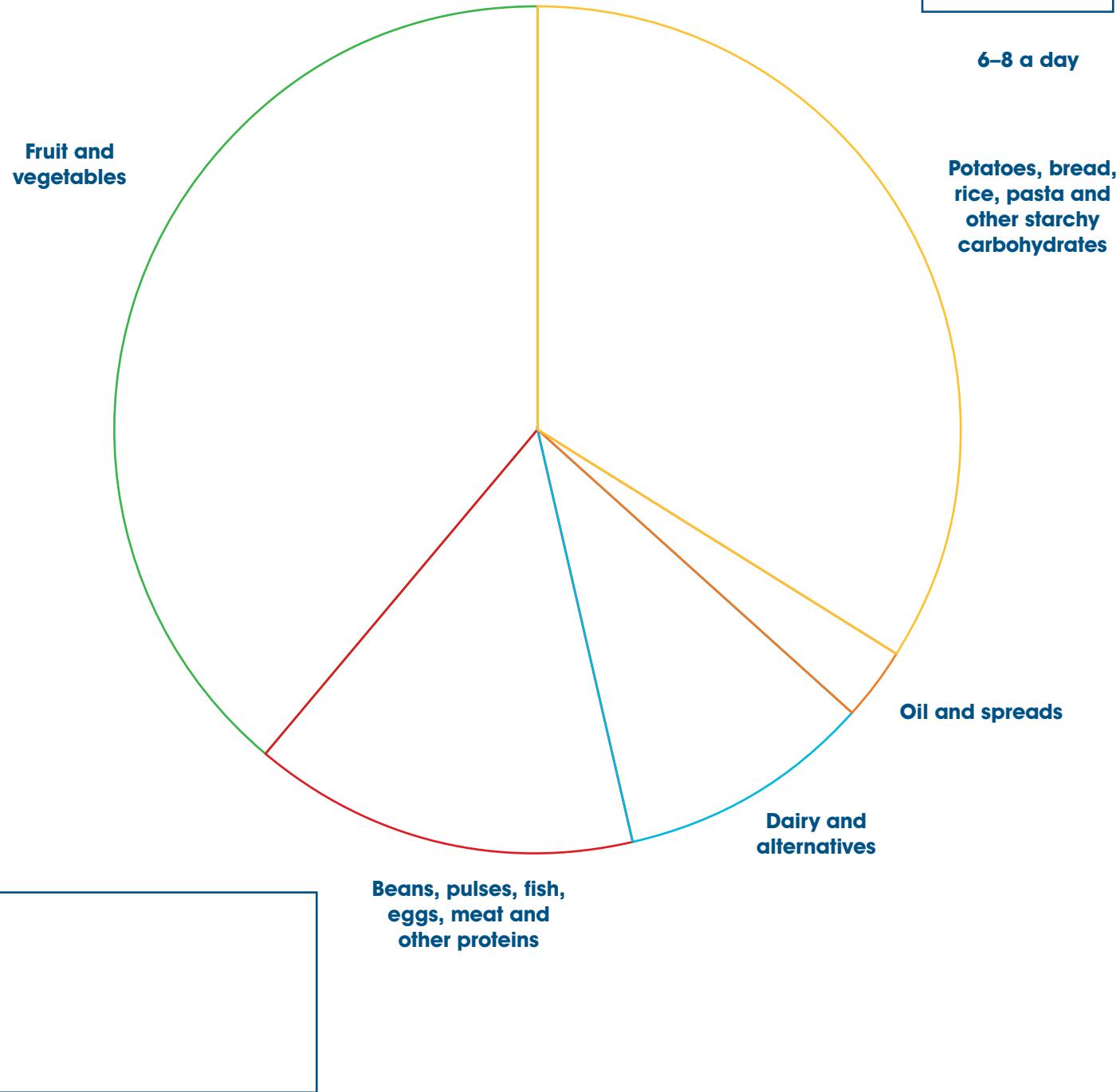
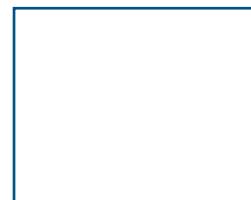


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Match your food and drink cards to this Eatwell Guide.



Eat less often and in
small amounts



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PICK YOUR FOOD AND DRINK

1. Which food(s) or drink can help keep your bones and teeth strong?



Milk



Bread

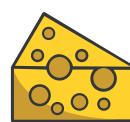


Cake

2. Which food(s) can help stop you from getting a cold?



Tomato

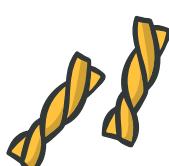


Cheese



Orange

3. Which food(s) will give you lots of long-lasting energy?



Wholegrain pasta



Grapes



Ice cream

4. Which food(s) help your body and muscles grow and repair?



Chicken



Chickpeas



Rice

5. Which food(s) contain healthier fats?



Cake



Chocolate



Vegetable oil

Bonus question

Can you think of another food or drink that would be a good answer to each question?



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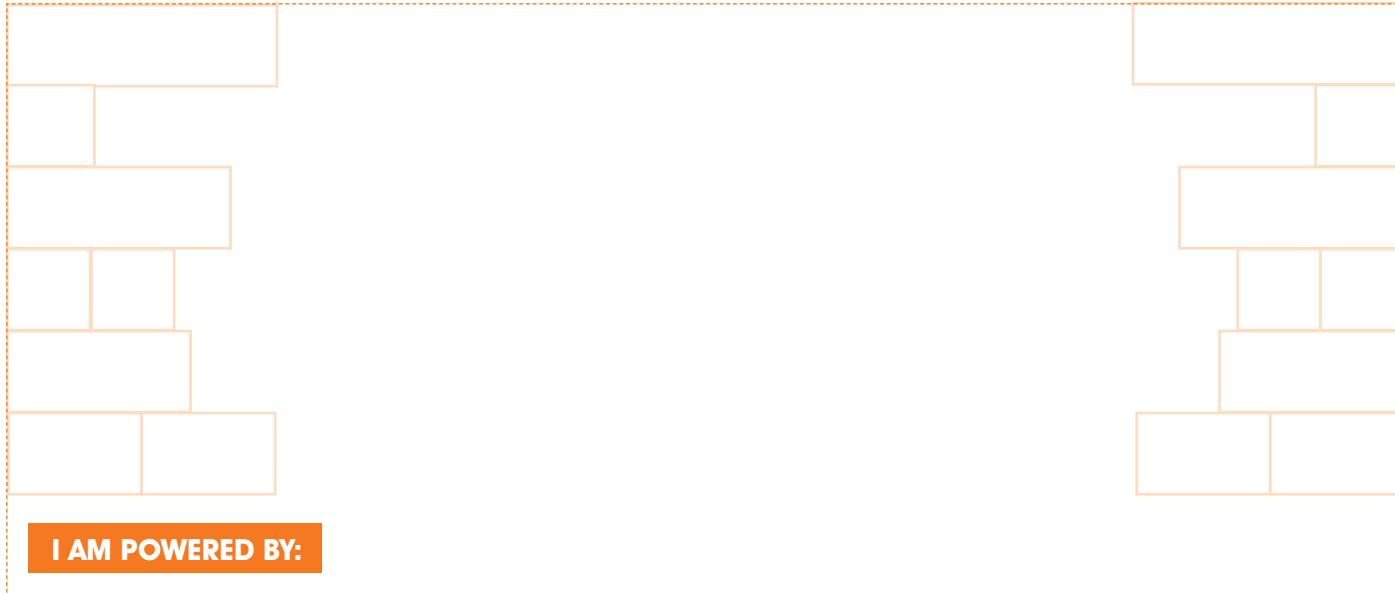


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HEALTHY FOOD BRICKS 1

1. Draw your favourite healthy foods in the healthy food bricks below.
2. Write the name of the food below your drawing.
3. Cut out your bricks and use them to build your class healthy food podium.





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HEALTHY FOOD BRICKS 2

1. Draw your favourite healthy foods in the healthy food bricks below.
2. Write the name of the food below your drawing and how it powers your performance, (E.g. I am powered by pasta. It gives me energy. I am powered by chickpeas. They make me strong.)
3. Cut out your bricks and use them to build your class healthy food podium.

