

Health and Wellbeing

Healthy Eating Activities UKS2

Try something new!

Design and keep a food diary for a week. Challenge yourself to try a new healthy food or recipe every day. Draw or take a photo of your new healthy food. What new vegetables or fruit could you try?



Healthy Living Game

Design and make a game to play with a family member. Ask questions about healthy eating and healthy living. Remember you must know the answers and write them down!



Be a Food Label Detective

How do I know if I'm eating healthily?
Reading our food labels and recognising dangers

Starter :

Challenge: Study the label from a cereal breakfast bar. Would you say this bar provided you with a healthy breakfast?

More challenging:

Why do you think it does or it doesn't? Explain.

Mega challenge:

What needs to change in order for this to be made into a healthier option? Why?



Nutrition Facts	
Serving Size 1 bar (2 lbs)	
Servings Per Package 1	
Amount	% Daily Value
Calories 4600	
Fat 260 g	400 %
Saturated 160 g	800 %
+ Trans 0 g	
Cholesterol 200 mg	120 %
Sodium 1400 mg	40 %
Carbohydrate 960 g	320 %
Dietary Fiber 40 g	
Sugars 840 g	
Protein 120 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 320 %	Iron 80 %

Grow your own vegetables

Have fun planting and watching your vegetables grow either from seeds or small plants.

Maybe try some salad leaves, tomatoes, beans, beetroots, carrots, radishes, spinach, courgettes or even potatoes.

Remember to look after the seeds and plants whilst they grow! Draw or take a photo every week to keep a record of their growth.

