

Healthy Eating

Healthy Eating Activities LKS2

Eat a Rainbow Challenge

Challenge yourself to try fruits and vegetables of different colours. Colourful food (generally fruit and vegetables, perhaps not skittles) contain many of the vitamins that we need!



Salty potato experiment

1. Cut a potato in half.
2. Fill two saucers/dishes with water.
3. Mix salt into one of the dishes and then label them so you which one has the salty water.
4. Place one potato half into each dish with the cut/flat side down and watch what happens after 30 minutes.



What has happened to the potato in salty water?
Do you know how much salt is in your favourite meal?

Like the potato salty food and drinks make you thirsty.

How often do you think we should eat salty foods?

THE 5 MAIN FOOD GROUPS



Where would you place the following groups on the plate above? **Carbohydrates, Proteins, Fats and Fibre.**

Can you find out why our body needs these?

Good health involves drinking enough water and eating the right amounts of foods from the different food groups

Keep a diary of the food you eat in a week.
Are you eating the right amount of foods from each food group?

Cheese Scones

Have a go at making delicious cheese scones.
These are Miss Palmer's favourite!



Ingredients

- 225g Self Raising Flour
- 1 pinch of salt
- 55g Butter
- 25g Cheddar Cheese
- 150ml milk

Method

1. Pre heat the oven to 200c
2. Line a baking tray with greaseproof paper
3. Cut the butter into small pieces
4. Add the butter to the flour and mix with your hands until it looks like fine breadcrumbs
5. Grate the cheese and add most of it to the mixture. Mix.
6. Slowly add the milk until you have a soft dough.
7. Lightly sprinkle flour onto your work surface and roll out the dough until it is about 2cm thick.
8. Use a cutter or glass to cut out your scones and pop them on the baking tray.
9. Brush the tops with milk and sprinkle on the saved cheese. Bake them in the oven for 10-15 minutes.
10. They are delicious served warm with butter!