



Activity Sheets



Games,
Puzzles &
Activities

Fill the Plate

**Main Nutritional Message:
Balance of Good Health (BOGH)**

Resources Needed

- Paper plates, marked out like BOGH pie charts (or photocopies of picture provided)
- A wide selection of food photographs from magazines, representing all sections of BOGH (see introduction for ideas)
- Adhesive stick / glue



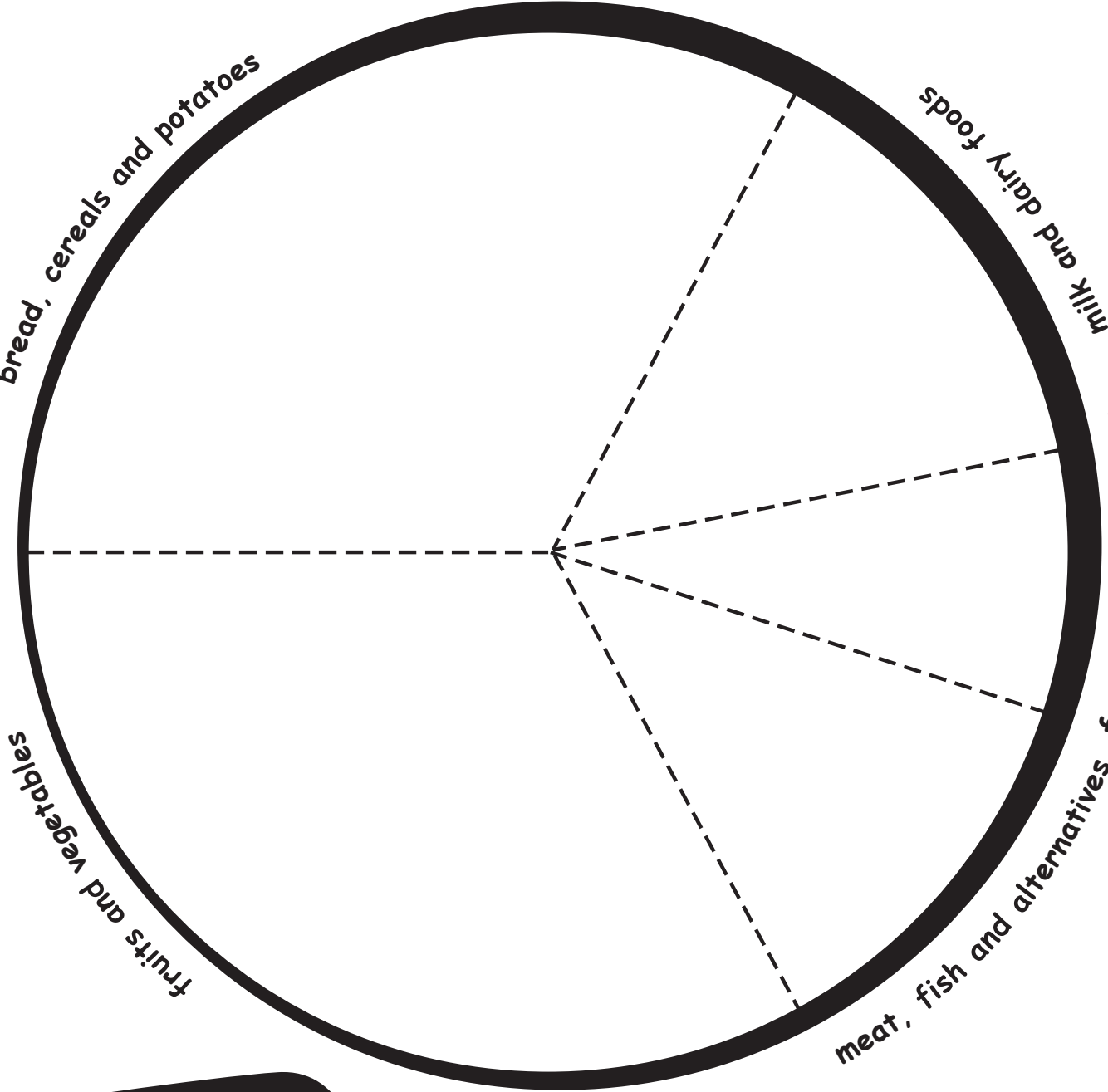
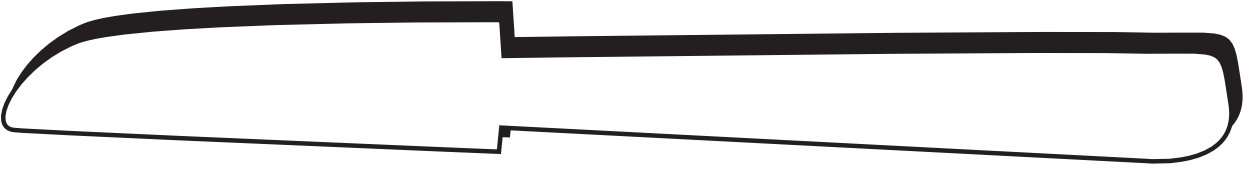
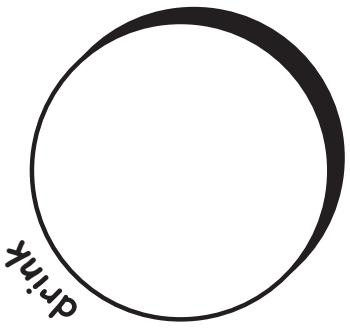
Time: 15-30 minutes

How to Play

- Group leaders explains the BOGH briefly to the children.
- Show children the selection of pictures / photographs.
- Each child is then given a paper plate and asked to select foods from the pictures to stick onto each section of their plate.
- Answers can be discussed. The group leader should also highlight whether the foods are a likely combination for a meal.

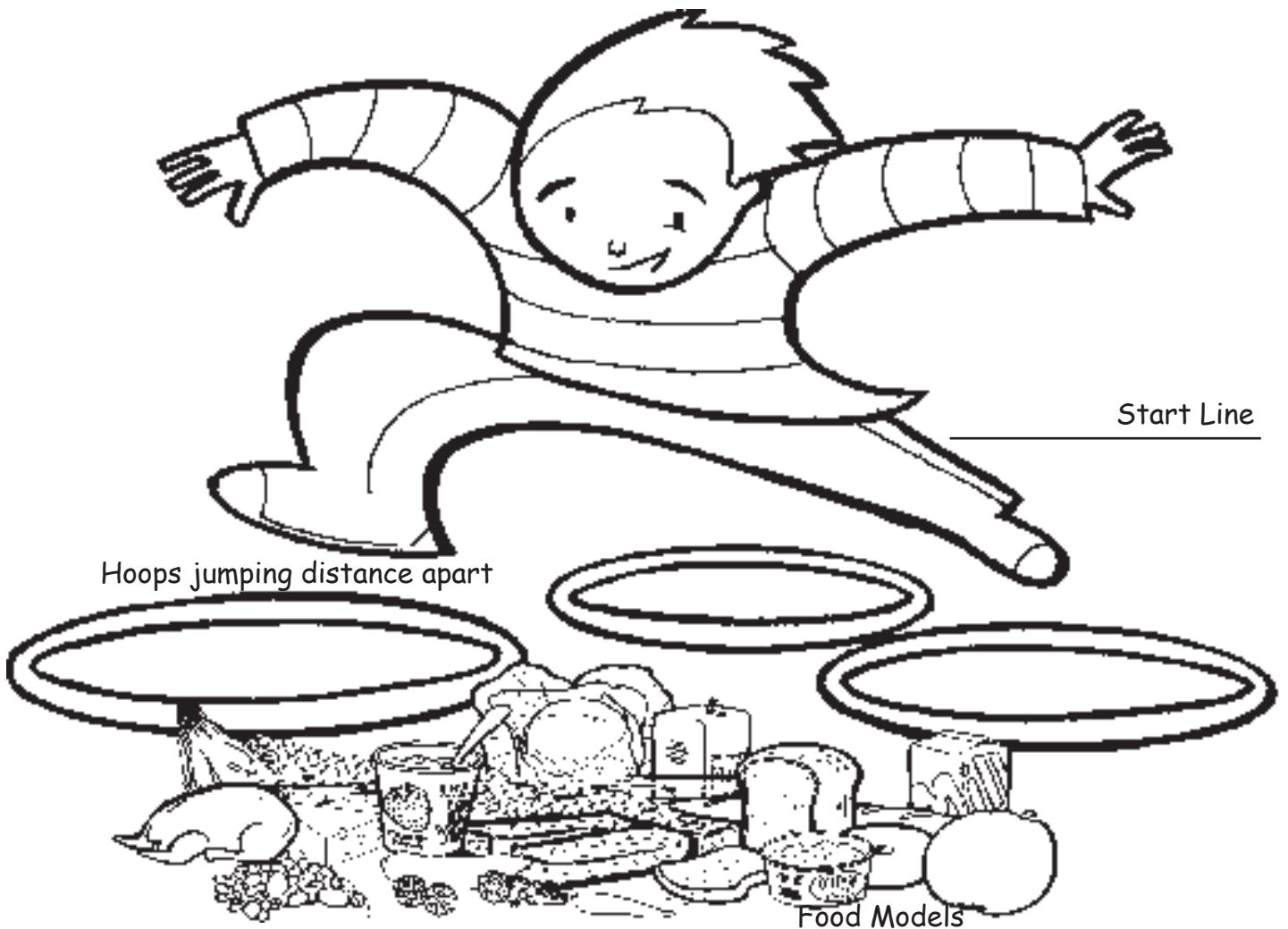
Variations

- This activity can be repeated with the children in teams, using one large model of the BOGH. Each team selects a food photo but must answer a question correctly about that food before they can place it onto the model. A correct answer and correct positioning each earn one point. Repeat until all food photos are used.



Food Treasure Trip

- Place 5 hoops in a line, jumping distance apart. Label each hoop with the name of a food group from the Balance of Good Health (BOGH).
- At the end of the line, create a pile of food models / packets.
- Make a start line.
- One child must jump from the start line into each hoop, to reach the food treasure. Only one food to be selected.
- On their return home, the child must drop the food into the appropriate hoop according to the BOGH.
- If the answer is correct, player number 2 can repeat the process. The game continues until all food models have gone. Any incorrect answers should be corrected by the next player in line until the correct hoop is chosen.
- Stepping outside the hoops means disqualification or the loss of points.



Anagrams

Rearrange the following to find a fruit or vegetable

1. APES (vegetable)
2. MOOTAT (a fruity vegetable)
3. RIP NUT (vegetable)
4. CUTETEL (vegetable)
5. NO RAGE (fruit)
6. MILE (fruit)
7. GAPER (fruit)
8. BERTOTOE (vegetable)
9. KEEL (vegetable)
10. TINA GREEN (fruit)
11. HER CRY (fruit)

Food Beetles



How to Play

- Children can play **individually** or **in teams** (taking turns to throw the dice).
- Each time the dice is thrown they obtain some of the of the relevant food group e.g. 1= a portion of fruit and vegetables as shown on the chart.
- The game continues until the first player/team has filled their plate and ticked off all the foods as listed below:

- 5+** portions of **fruit and vegetables**
- 5+** portions of **bread, cereals or potatoes**
- 5+** **drinks**
- 3** portions of **milk or dairy produce**
- 2** portions of **meat, fish or alternatives**
- 1** food containing **fats or sugars**

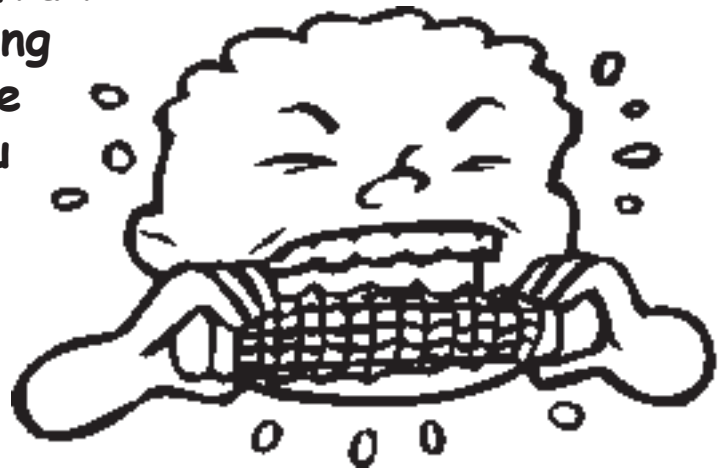
Resources Needed

- Dice
- Food 'plate' game sheets (provided)

If You Throw a	Food Group
1	Fruit and Vegetables
2	Bread, Cereals and Potatoes
3	Milk and Dairy Products
4	Meat, Fish and Alternatives
5	Drinks
6	Foods containing Fats and sugars

Food Diary

Do you really know how much fruit and vegetables you eat? Keeping a food diary can give you some surprises. It can also help you to plan changes in your eating patterns.

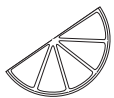


Complete the food diary on the next page and see how near you come to the target.

Activities



Count how many portions of fruit and vegetables you have eaten per day.



Calculate an average.



Make a graph for the whole class to show everyone's fruit and vegetable intake on an average day.



Where in the day do you think you could include more fruit and vegetables?



Think of some quick and easy ways to increase your fruit and vegetable intake.

My Food Diary

DAY _____

Enter everything you eat and drink

TIME	FOOD	QUANTITY	DRINK	FRUIT or VEG portions
EARLY MORNING				
BREAKFAST				
DURING MORNING				
MIDDAY				
DURING AFTERNOON				
EVENING MEAL				
DURING EVENING AND BEFORE BED				
EXTRAS DURING NIGHT				

MILK TOTAL FOR DAY (indicate type) _____

Crossword

CLUES Across

1. Soft hairy fruit, usually sliced and served with cream.
3. Everyday we should eat 5 fruits and
6. What the wicked witch gave to Snow White.
8. and cream.
10. Large yellow fruit, NOLEM backwards.
12. It grows on brambles in the hedgerow.
13. Popeye's favourite.
14. A person who comes from Sweden could be called this.
15. -red lips, sounds like berry.
16. Round nut, found in hedgerows.
19. is like a green lemon.
21. Grown in the dark. An untidy place?
22. This vegetable makes good lanterns at Halloween.
23. Very lively people are said to be full of which vegetable.
24. What fruits or vegetables do the bells of St. Clement's say? (3 words)

CLUES Down

1. Another name for the exotic fruit "paw paw"
2. Common salad vegetable.
4. Rearrange the famous highwayman TURPIN.
5. Identical twins are said to be as alike as two of which vegetable?
7. Rearrange NORAGES. The colour of LaLa's ball.
9. To "Blow a" "is to make a rude noise.
11. The fruit that makes wine.
14. A small orange, easy to peel, usually eaten around Christmas time.
15. Cool as a A salad vegetable.
17. This fruit is squeezed on pancake day.
18. This vegetable helps you to see in the dark.
20. These make you cry when you cut them.
22. Which fruit did Little Jack Horner pull out from his pie?



Crossword

1 2

3 4

5

6 7

8 9 10

11

12 13

14 15 16 17

18 19

20 21 22

23 24

Crossword



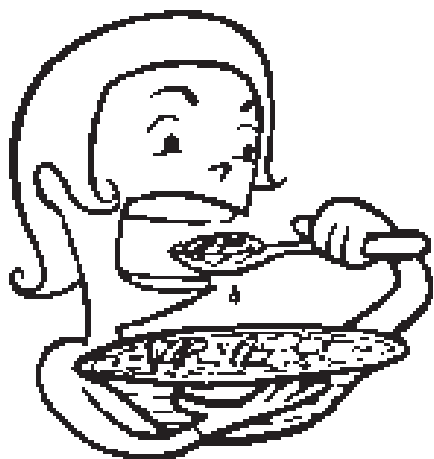
Across

1. The national emblem of Wales (4)
4. This fruit grows on a palm and is often available dried (4)
6. Most fruit and vegetables are a good source of this - oranges and blackcurrants in particular (7,1)
7. What fruit did little Jack Horner pull out with his thumb? (4)
10. A small glass of this a day will provide you with all the vitamin C you need (6,5)
11. These dolls grew up big and strong because they got lots of good vitamins and minerals from a certain patch in the garden (7)
15. A pear-shaped fruit, but contains a lot more fat and calories than a pear (7)

16. This grows on a cob and is a good source of fibre (9)
17. The only vegetable with white florets (11)

Down

1. This salad vegetable is often served with Tomato and Cucumber (7)
2. A fruit named after a small flightless bird from New Zealand (4)
3. Vegetable named after Belgian capital (8,7)
5. This fruit is yellow and grows in bunches on trees (6)
8. What is better with its jacket on? (6)
9. This fruit was given to sailors to stop them getting scurvy (4)
11. This vegetable is a rich source of vitamin A. Have you ever seen a Rabbit with glasses? (6)
12. It can be a runner, broad or baked and it is still full of fibre (4)
13. It's green or purple, it's a vegetable, it's got florets, and it's a brilliant source of vitamin C and iron (8)
14. Spinach made Popeye's blood strong because it was rich in this. Cabbage is an even better source of this mineral (4)



Pic 'n' Mix

Can you pick out these cryptic word teasers?

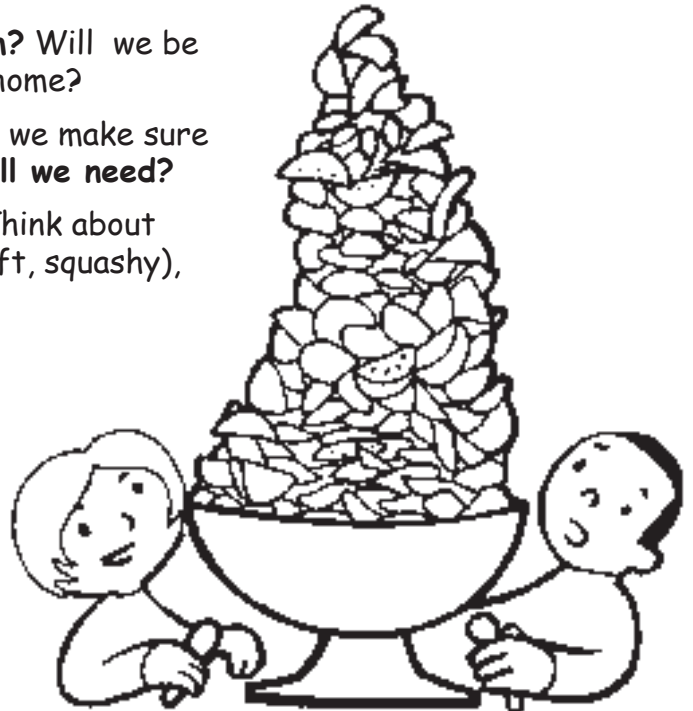
1. This one upsets Anne Trice (9 letters)
2. Woman Stay! No! just the opposite (5)
3. Whittington's instruction applied to the 16th Greek letter as well (6) . . .
4. May return (3)
5. Physical exercise leads to the pain out east (5)
6. King George and the monkey (5)
7. The chaps backed around the entrance (7)
8. Eat a lot in France (9)
9. There's nothing in front of the kitchen range (6).
10. Sound as though an Australian's referring to an English grandmother who has fed (11)
.....
11. Two coppers and a bachelor of medicine meet our monarch (8)
.....
12. In the French Inn (9)
13. Proverbially makes the doctor redundant (5)
14. The Spanish shout excited approval about tea-time (5)
15. The ship's fountain is laid upside down (4)
16. October 24th for example (4)
17. The place reserved for sloppy sentimentally (8)
18. Arts graduate leads the darling dog (6)

Giant Fruit Salad

If you're going to make a giant fruit salad, here's a checklist of the kinds of questions you should think about before starting. Discuss them in your group. Note down what you decide.

Ingredients

- **Where are we going to get the fruit from?** Will we be buying it for ourselves, or bringing it from home?
- If we're bringing fruits from home, how can we make sure there's a **good variety?** **How much fruit will we need?**
- **What will make the best mix of fruits?** Think about taste (sweet, sharp etc.), texture (crisp, soft, squashy), and colour.
- **Is anybody allergic to any fruits?**
- **Do we know how to prepare all the fruits?** If not, find out.
- **How much time do we have to make the fruit salad?** Decide what tasks need to be done and who will do them.



Utensils

- **Make a list of the utensils we will need,** such as knives, cutting boards, large and small bowls, forks, spoons, lemon squeezer.
- **Where will we get them from? How many will we need?**

Preparation

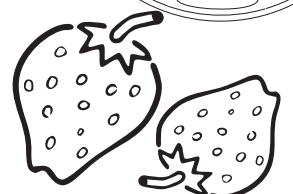
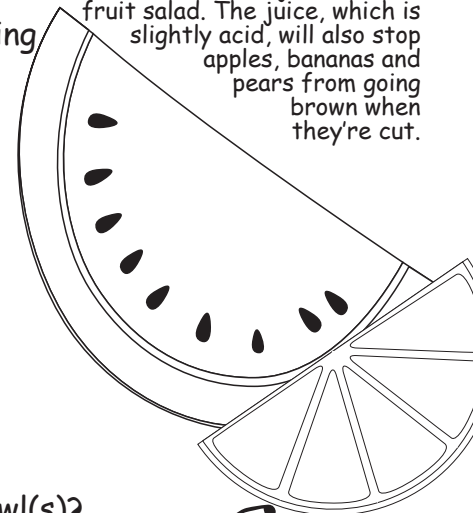
- **How can we make sure all hands and utensils are clean?** Is there a sink we can use? Will there be towels?
- **What will we do with the peelings, stones and pips etc.?**
- **Is there access to a fridge?** Is it big enough to hold the bowl(s)?

Clearing up

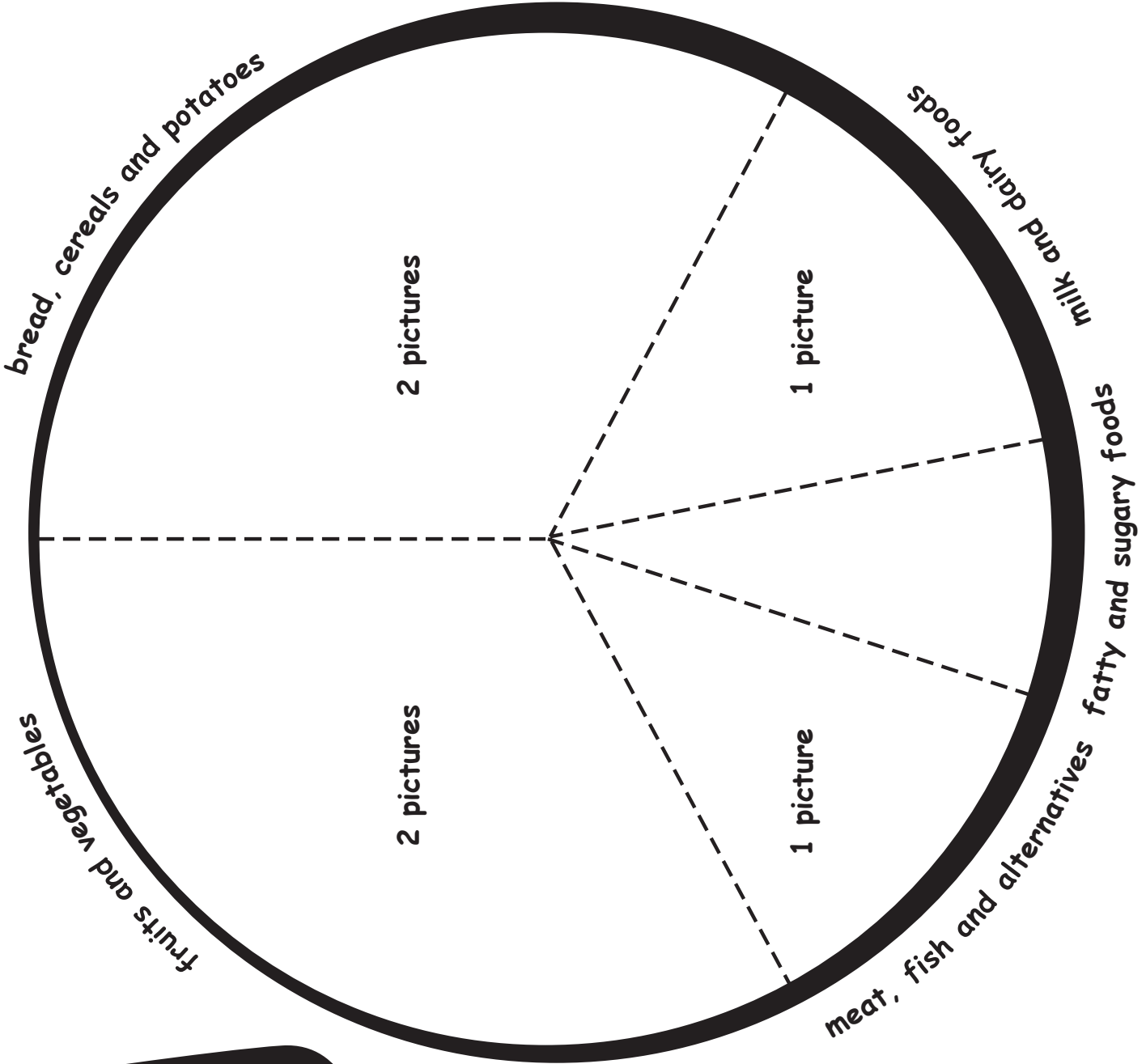
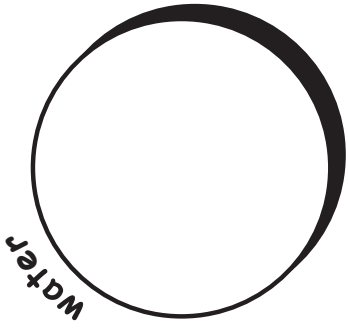
- It could be messy! **Can we wash up at school?**

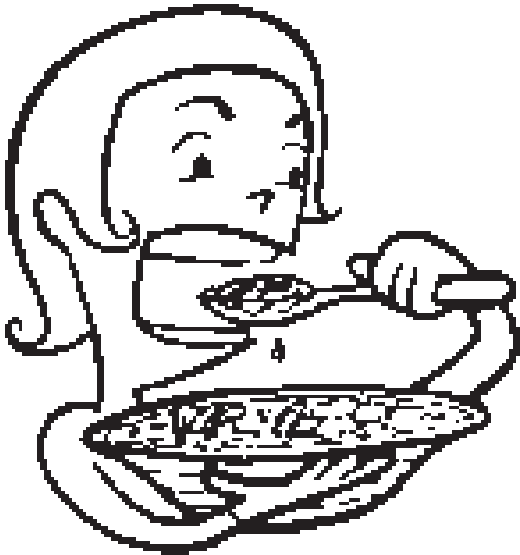
Is there any thing else we need to discuss?

Oranges, lemons or grapefruits make a delicious juice for the fruit salad. The juice, which is slightly acid, will also stop apples, bananas and pears from going brown when they're cut.



Leave the fruit salad to stand for half an hour or so (if possible, in a fridge). This improves the flavour.





GAMES WITH BLINDFOLDS OR FEELY BAGS

WHAT IS IT?

These can be done in pairs, in groups, or as whole-class activities. It may be useful to list helpful words first (e.g. juicy, hairy, leathery, prickly).

1. A child (blindfolded or using a feely bag) is given a fruit or vegetable and asked to identify it by touch and smell, or by touch or smell or taste alone.

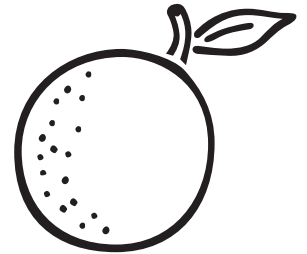
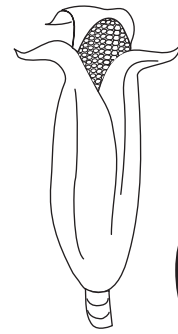
2. Child A attempts to describe a fruit or vegetable in sufficient detail for the rest of the group to name. The fruit or vegetable must be concealed from the group, e.g. behind a low screen.
3. Children in the group ask direct questions of Child A, e.g. about the fruit or vegetable's size, colour, texture etc.

N.B. Scented wooden fruits can be used for smell tests as they often have lots more smell than real fruits.

Jumbled Fruit & Veg

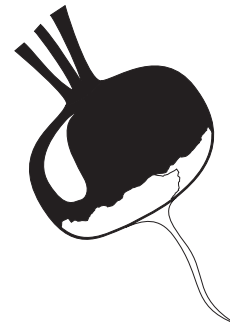
Can you unravel the letters to spell the fruit and vegetables shown in the pictures? Write the jumbled word correctly in the box.

groane



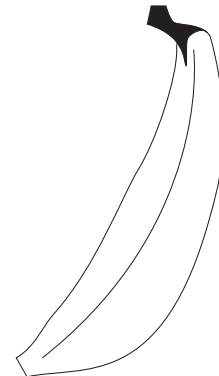
teamsoot

ishard



nabaan

pagasarus



wetnorces





Find the Fruit & Veg

Find the fruit and vegetables hidden in these sentences

1. That little monkey is cute.
2. When you drop earrings, they're hard to find.
3. Was Tom at our club meeting last week?
4. That's the best raw berry I've ever tasted.
5. Where are those parcels we delivered?
6. I hope Ashley will arrive soon.
7. They're going to ban an aerial display because it's too dangerous.
8. Can I have a nap please?
9. Is Toni one of the fastest runners at school?
10. I'll keep each photo I take in my new album
11. Is the car rotting?
12. Take it in turn I pray.

Can you hide a fruit or vegetable in a sentence of your own? Try it on a friend.

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General Activities

Word Association

Children choose a fruit or vegetable and brainstorm all the things that come, or can be made, from it. e.g. carrot, carrot soup, carrot cake, carrot and raisin salad.

Memory Game

Children sit in a circle around a tray filled with different fruit and vegetables, covered with a cloth. The cloth is removed for a chosen amount of time, then replaced. Children write down as many as they can remember.

Letters

Children choose a letter of the alphabet and list all the fruit and vegetables that start with that letter. They then draw the chosen letter very large on a piece of paper, writing the fruit and vegetable names inside or next to the letter. This can be decorated with pictures of the fruit and vegetables.

Observational Drawing

Draw/paint fruit/vegetables. e.g. single fruit/vegetable, a cross-section, or a group.

Surveys

Children can conduct their own class surveys about how many fruit and vegetable portions each child ate the previous day and/or at which meal it was eaten. Or find the most/least liked fruit/vegetable. The information can be transferred onto bar charts or pie charts and displayed. This can lead to general discussion regarding the importance of regular meals etc.

What am I?

Pin the name of a fruit/vegetable to each child's back. The children then move around the room asking other children they meet YES/NO questions to discover what they are.

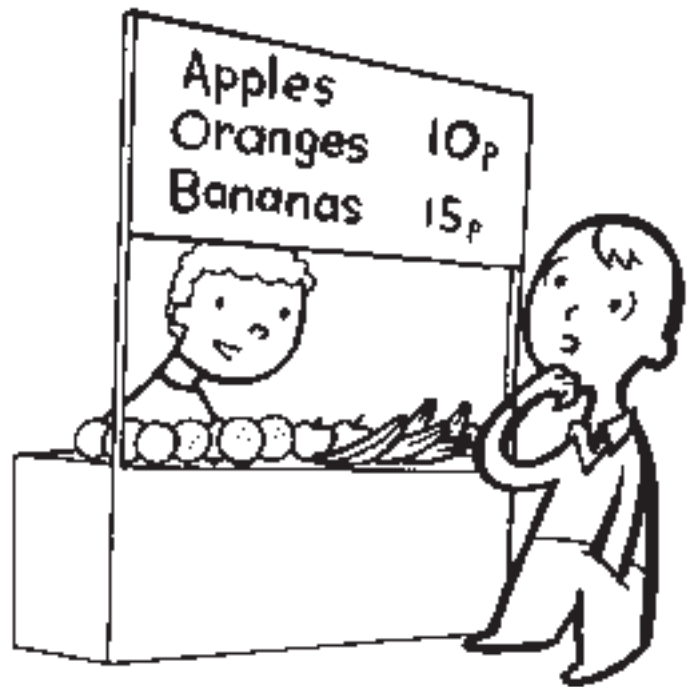
Just a Minute

Each child is given 30 seconds to 1 minute to describe a fruit or vegetable to the rest of the class. e.g. its colour, shape, smell, how it is cooked etc. The class must guess what fruit or vegetable is being described.

Whole School Activities

You could involve the local media (newspapers, radio, TV) in any of these activities.

1. **Organise a colour theme** e.g. a red fruit or yellow vegetable day: bring one, eat one, dress as one.
2. Arrange a fruit and vegetable hat day and parade.
3. **Class registers** of the number of portions of fruit and vegetables eaten each day. A prize can be given for the best class/individual.
4. A school fruit and vegetables mural.
5. Design fruit and vegetable **badges**.
6. Develop a school fruit and vegetable **garden**.
7. Arrange a school **picnic** to which children bring fruit and vegetables.
8. Arrange a **special lunch** - try a theme, such as an Italian or a Chinese meal packed with fruit and vegetables.
Alternatively make fruit and vegetable **recipes** for lunch e.g. vegetable soup, fruit salad sculptures.
9. Set up a **tuck shop** selling fruit and possibly vegetable snacks and fruit juice.
10. Use fruit and vegetables in **sports activities** e.g. kiwi or tomato spoon race, a pass-the-carrot relay or a grapefruit shot put.
11. Produce a **newsletter** to go out to pupils/parents promoting the benefits of eating fruit and vegetables.



Food Pictionary

Main Nutritional Message:
Balance of Good Health (BOGH)

Suitable Ages:
5-16 years (adapt for ease of drawing)

Time: 30 minutes, depending on group size

Resources Needed

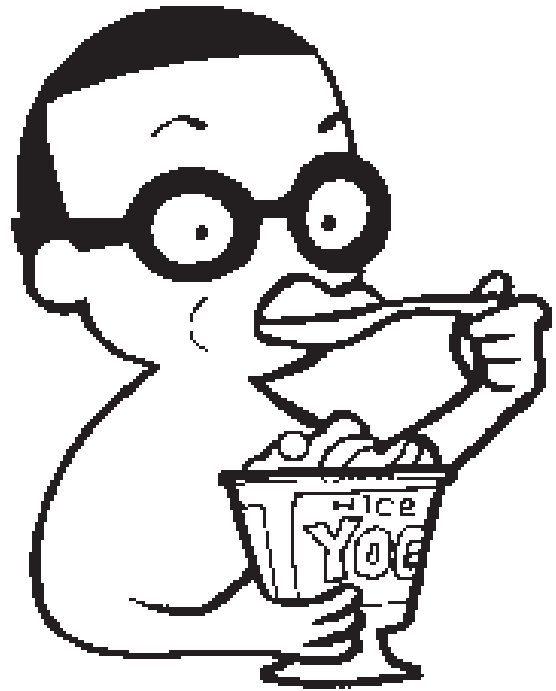
- **Flip Chart**
- **Coloured pens**

How to Play

Group leader to explain the BOGH. Based on the theme of snack foods, each child is given a food/snack word by the group leader in secret. The child draws their idea on the flip chart without using words, numbers or sounds. The other children try to guess what the drawing is. A correct guess earns 1 point. A further point can be awarded if the guessers can place the food on the BOGH model correctly.

Variations

- **With older children, time limits encourage excitement.**
- **Can be played in 2 teams depending on number of participants.**



'Pictionary' Ideas

- Milk**
- Porridge**
- Banana Milk Shake**
- Boiled Egg**
- Chocolate Milk Shake**
- Scrambled Egg**
- Strawberry Milk Shake**
- Bacon**
- Rice Crispies**
- Coffee**
- Weetabix**
- Orange Juice**
- Toast**
- Yoghurt**
- Jam**
- Crisps**
- Banana**
- Toad in the Hole**
- Bangers and Mash**
- Chocolate**

Talk About

Main Nutritional Message:
Balance of Good Health (BOGH)

Group Size: **5+**

Resources Needed

- **Flip Chart**
- **Pen**

Time Allowance: **About 30 minutes depending on group size and age**

How to Play

- **This lively game requires a lively presenter to help it work.**
- **Explain the BOGH briefly to the children.**
- **The children are split into two teams.**
- **Ideally, allow enough time for everyone to have a chance to participate.**
- **One child at a time stands in front of the group and is given a food word by the group leader.**
- **The participant then has 30 seconds to say as much as possible about that food, but without saying the word directly.**
- **The rest of the team must try to guess the food. Clues should relate to it's nutritional quality, smell, colour, taste and size. The clues can be adapted depending on age and ability.**



- **One point per correct answer. if the team cannot guess the food, the other team can try to earn an extra point.**

Tips

- **Keeping the BOGH on display might help the children guess the food, and relate to it more often.**
- **Adapt time and clues according to age.**



Green Tuck Shop

Eating plenty of fruit and vegetables helps your body fight diseases now and when you're older. Setting up a Green Tuck Shop at playtime can give you more choices to eat healthily during the school day. Do a survey of your classmates to find out what support you can get.

1 Can you buy fresh fruit at school to eat at playtime? If so, what?

Do you buy it?

How many of you bring a fruit in to eat at playtime?

2 How many of you eat school dinners?

How many eat	Always	Sometimes	Never
cooked vegetables	<input type="text"/>	<input type="text"/>	<input type="text"/>
salad	<input type="text"/>	<input type="text"/>	<input type="text"/>
cooked fruit puddings	<input type="text"/>	<input type="text"/>	<input type="text"/>
fresh fruit	<input type="text"/>	<input type="text"/>	<input type="text"/>

3 How many people in the class bring a packed lunch?

How many have fresh fruit or salad vegetables?

Which fruit and vegetables?

4 If there was a Green Tuck Shop, what should it sell?

5 How many days a week should it run?

6 Would you like to help run it? Yes No

If yes, how would you like to help?

7 How many people think they would buy

a whole piece of fresh fruit?	<input type="text"/>
a portion of fruit (e.g. half an apple, or an orange quarter)?	<input type="text"/>
a raw carrot?	<input type="text"/>

Fruit & Veg A-Z

A			
Akee	fruit	Cardoon	leaf-stalk vegetable
Almond	nut	Carrot	root vegetable
Apple	fruit	Cassava	root vegetable
Apple Banana	fruit	Cauliflower	flower vegetable
Apricot	fruit	Celeriac	root vegetable
Arrowhead	root vegetable	Celery	leaf-stalk vegetable
Artichoke, Globe	flower vegetable	Chard (= Seakale Beet)	leaf vegetable
Artichoke, Jerusalem	stem/root eaten as a vegetable	Chayote	fruit eaten as vegetable
Asian Pear	fruit	Cherry	fruit
Asparagus	shoot/bud vegetable	Chickpea	seed vegetable
Aubergine (= Egg plant, Brinjal)	fruit	Chicory (see Endive)	
	eaten as vegetable	Chilli Pepper	fruit eaten as vegetable
Avocado pear	fruit eaten as vegetable	Chinese Leaf	leaf vegetable
		Chives	leaf vegetable
B		Citron	fruit
Balsam Pear (see Bitter Cucumber)		Clementine (Orange/Tangerine cross)	fruit
Bamboo Shoots	shoot vegetable	Coconut	nut
Banana	fruit	Corn on the Cob (see Sweetcorn)	
Beans	seed vegetable	Courgette (small Marrow)	
Beetroot	root vegetable	Cranberry	fruit
Bilberry	fruit	Cress	shoots and leaf vegetable
Bitter Cucumber (= Balsam Pear, Bitter Gourd, Karella)	fruit eaten as a vegetable	Cucumber	fruit eaten as vegetable
Bitter Gourd (see Bitter Cucumber)		Curly Kale	leaf vegetable
Blackberry	fruit	Currants (Black, Red, White Currants etc.)	fruit
Blackcurrant	fruit	Curry Leaves	leaf vegetable
Blueberry	fruit		
Brazil nut	nut	D	
Breadfruit	fruit eaten as a vegetable	Damson	fruit
Brinjal (see Aubergine)		Dandelion	leaf vegetable
Broccoli	stalks/flower vegetable	Dasheen (see Taro)	
Brussels Sprout	bud vegetable	Date	fruit
		Durian	fruit
C			
Cabbage	leaf vegetable	E	
Calabrese	flower vegetable	Eddo (see Taro)	
Cape Gooseberry (see Physalis)	fruit	Egg Plant (see Aubergine)	
Capsicum (see Pepper)		Endive (= Chicory)	bud vegetable
Carambola (see Star Fruit)			
		F	
		Fennel	seed, leaf, bulb vegetable
		Fig	fruit

Fruit & Veg A-Z

G
Garlic bulb vegetable
Gherkin (preserved Cucumber)
Globe artichoke flower vegetable
Gooseberry fruit
Granadilla (see Passionfruit)
Grape fruit
Grapefruit fruit
Greengage fruit
Guava fruit
Groundnut (see Peanut)

H
Hazelnut nut
Horse Radish root vegetable

J
Jerusalem Artichoke 'stem-root' eaten as a vegetable

K
Karella (see Bitter Cucumber)
Kiwano fruit
Kiwifruit fruit
Kohlrabi stem vegetable
Kumquat fruit

L
Ladies' Fingers (see Okra)
Leek bulb vegetable
Lemon fruit
Lemon Grass leaf vegetable
Lentils (many Varieties) seed vegetable
Lettuce leaf vegetable
Lime fruit
Litchi (see Lychee)
Loganberry fruit
Loquat fruit
Lychee (= Litchi) fruit

M
Maize (see Sweetcorn)
Mandarin fruit
Mangetout (= Pea) pod fruit eaten as vegetable
Mango fruit
Mangosteen fruit
Marrow fruit eaten as vegetable
Medlar fruit
Melon fruit
Monkey nut (see Peanut)
Mooli root vegetable
Mulberry fruit
Mushroom fungus vegetable
Mustard sprout and seed vegetable

N
Nectarine fruit

O
Okra (= Ladies' Fingers) pod vegetable
Olive fruit eaten as vegetable
Onion bulb vegetable
Orange fruit

P
Pak-Choi leafy vegetable
Papaya (= Paw Paw) fruit
Parsley leafy vegetable
Parsnip root vegetable
Passionfruit (= Granadilla) fruit
Paw Paw (see Papaya)
Pea seed/fruit eaten as vegetable
Peach fruit
Peanut (= Groundnut, Monkey nut) seed eaten as vegetable

Pepper (= Sweet Peppers: green, red, orange, yellow) fruit eaten as vegetable
Pear fruit
Pepino fruit
Persimmon (see Sharon Fruit)
Physalis (= Cape Gooseberry) fruit

Fruit & Veg A-Z

Pineapple fruit
Pistachio nut
Plantain ("Green Banana") fruit eaten as vegetable
Plum fruit
Pomegranate fruit
Potato root vegetable
Prickly Pear fruit
Prune (dried Plum)
Pumpkin fruit eaten as vegetable

Q
Quince fruit

R
Radish root vegetable
Rambutan fruit
Raspberry fruit
Redcurrant (see Current)
Rhubarb leaf stalks eaten as fruit
Runner Beans pod/fruit eaten as vegetable

S
Salsify root & leaf vegetable
Sapodilla fruit
Satsuma fruit
Seakale Beet (see Chard)
Shallot (small Onion)
Sharonfruit (= Persimmon) fruit
Spinach leaf vegetable
Spring Greens (= Cabbage family) leaf vegetable
Spring Onion (small Onion) bulb vegetable
Squash fruit eaten as vegetable
Star Fruit (= Carambola) fruit
Strawberry fruit
Sugar Snaps (= Pea pods) pod/fruit eaten as vegetable
Swede root vegetable



Sweet Pepper (see Pepper)
Sweet Potato root vegetable
Sweetcorn (= Maize, Corn on the Cob) seed vegetable

T
Tangerine fruit
Tannia root vegetable
Taro (= Dasheen, Eddo) root vegetable
Tomato fruit eaten as vegetable
Truffle fungus vegetable
Turnip root vegetable

U
Ugli (Grapefruit/Tangerine cross) fruit

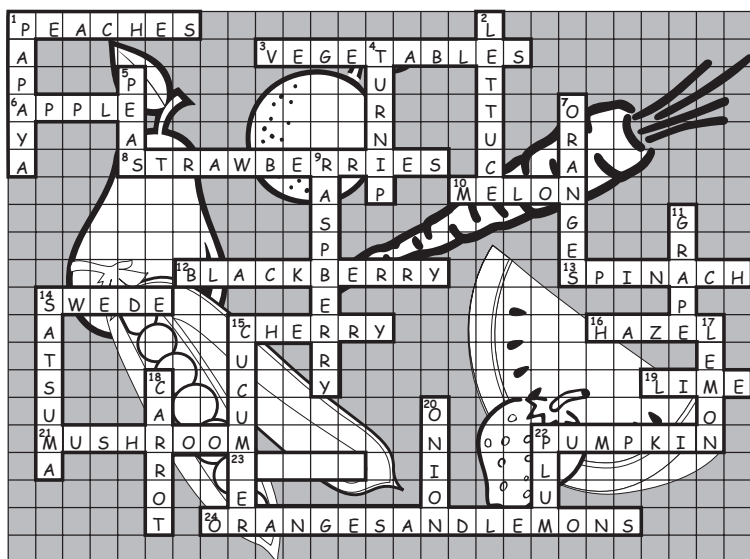
W
Walnut nut
Waterchestnut root vegetable
Watercress leafy vegetable
Watermelon fruit

Y
Yam root vegetable

Z
Zucchini (Courgette) fruit eaten as vegetable

Answers

Give me 5 Crossword



Find the Fruit and Vegetables

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|---------------|------------|------------|
| 1. Lemon | 2. Pear | 3. Tomato |
| 4. Strawberry | 5. Swede | 6. Peas |
| 7. Banana | 8. Apple | 9. Onion |
| 10. Peach | 11. Carrot | 12. Turnip |

Fruit and Vegetable Crossword

Across:

- | | | |
|-----------------|------------------|---------------|
| 1. Leek | 4. Date | 6. Vitamin C |
| 7. Plum | 10. Orange Juice | |
| 11. Cabbage | 15. Avocado | 16. Sweetcorn |
| 17. Cauliflower | | |

Down:

- | | | |
|------------|-----------|---------------------|
| 1. Lettuce | 2. Kiwi | 3. Brussels sprouts |
| 5. Banana | 8. Potato | 9. Lime |
| 11. Carrot | 12. Bean | 13. Broccoli |
| 14. Iron | | |

Pick 'n' Mix

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|-----------------|--------------|--------------|
| 1. Nectarine | 2. Mango | 3. Turnip |
| 4. Yam | 5. Peach | 6. Grape |
| 7. Spinach | 8. Mangetout | 9. Orange |
| 10. Pomegranate | | 11. Cucumber |
| 12. Aubergine | 13. Apple | 14. Olive |
| 15. Leek | 16. Date | 17. Mushroom |
| 18. Banana | | |