

Healthy Eating Homework Challenge


This week we are participating in BNF (British Nutrition Foundation) Healthy Eating Week from 10-14 June 2019.

The purpose of the Week is to promote key health messages and habits to young people.

Over the week we will be discussing ways to keep healthy. Over the week we will discuss 5 different ways to stay healthy: Eat a healthy breakfast, eat 5 different fruits and vegetables a day, keep active, drink plenty of water and get a good nights sleep. Alongside each of these areas is a challenge. These challenges are outlined below along with a chart for you to complete. You need to choose one challenge (or more if you would like to) to take on over the next week. Record how you get on, on the correct chart. Look on the school website for more information about each challenge.

For every challenge you complete, a certificate will be awarded. Challenge sheets need to be returned by Friday 21st June.


Primary



My breakfast record

Name: _____


Each day this week, record what you eat and drink at breakfast time.




	Food	Drink
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Healthier options


What changes could you make to these breakfasts to make them healthier?



White bread with strawberry jam




Fried breakfast, including toast



Chocolate-coated cereal

How can you make your breakfast healthier?


Primary



My 5 A DAY tally chart

Name: _____

Keep a tally of vegetables and fruit that count towards your 5 A DAY for each mealtime. Work out your total. Did you get your 5 A DAY every day?



	Mon	Tue	Wed	Thu	Fri
Breakfast					
Lunch					
Dinner					
Other					
TOTAL					

Wordsearch

apple	fruit
banana	grapes
berries	lettuce
cabbage	orange
carrot	tomato
cucumber	vegetables

b	f	r	u	i	t	e	c	f	v
a	l	f	z	i	g	a	l	e	s
n	s	e	p	a	r	g	g	l	s
a	h	a	b	r	l	e	n	p	e
n	q	b	o	x	t	b	x	p	i
a	a	t	y	a	x	a	v	a	r
c	r	e	b	m	u	c	u	c	r
f	g	l	e	t	t	u	c	e	e
n	e	o	r	a	n	g	e	q	b
s	f	o	t	a	m	o	t	j	z



My drinks chart

Name: _____

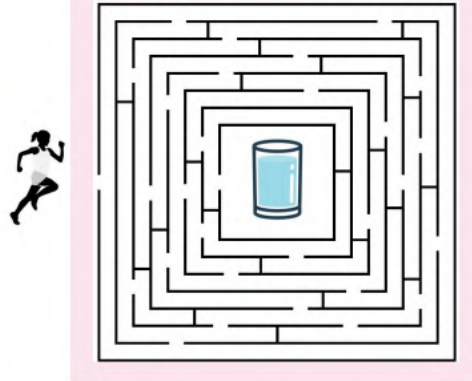


Colour in a glass each time you have a drink.
Aim for 6-8 glasses each day! Are most of your daily drinks water?

Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Hydration maze

Help the runner find their way to the water so they can hydrate!



My activity diary

Name: _____



Record all of the physical activity you did today.
Aim for at least 60 minutes, every day!

	My activities	Did I achieve 60 minutes?
Monday		Yes No
Tuesday		Yes No
Wednesday		Yes No
Thursday		Yes No
Friday		Yes No

Name the activity

Name the activity, based on the equipment shown below:



My sleep diary

Name: _____



Record the time you woke up, got into bed, and fell asleep on each day this week.

	Mon	Tue	Wed	Thu	Fri
Time I woke up					
Time I got into bed					
Time I fell asleep					
How long I slept for					

How do you feel today?

Colour in the suns!

Very tired ← → Very awake

Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

Bedtime checklist

- Washed my hands
- Brushed my teeth
- Changed into my night clothes
- Got into bed
- Turned off all the lights