

reduce the risk

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Eat and drink healthily activities for Key Stage 2

ACTIVITY 1 – BREAKFAST

Learning objectives: Children will design healthy breakfasts.

National Curriculum links: DT: 1a Pupils should be taught to generate ideas for products after thinking about who will use them and what they will be used for; using information from a number of sources, including ICT-based sources.

Resources: Food packets (including cereal and porridge packets) collected by the children the previous week; paper, pens/pencils.

Introduction: Talk about the importance of having a healthy breakfast to start the day. Explain that the word 'breakfast' means 'breaking the fast' after the night's sleep. Discuss ways to encourage people to have healthy breakfasts and the kinds of foods that might appeal to them. Show the children the nutritional information given on packets.

Activity: In pairs/small groups ask the children to plan breakfasts for their parents.

Plenary: Share the menus and, as a class, pick the one most likely to appeal to their parents.

Extension: Plan and make healthy packed lunches.

ACTIVITY 2 – DRINKS DIARY

Learning objectives: Children will compare drinks for their nutritional content.

National Curriculum links: PSHE: 3a Pupils should be taught what makes a healthy lifestyle, including the benefits of exercise and healthy eating ... and how to make informed choices.

Resources: Completed drink diaries, empty packets/plastic bottles of popular drinks to provide nutrition value information.

Preparation: In the week prior to this activity ask children to record in a table what they drink each day.

Introduction: Which diaries contain water? Is water anyone's favourite drink?

Activity: Encourage children to annotate their drinks diaries and add the nutritional values for the drinks they have had.

Plenary: As a class discuss which drinks could be considered to be healthy. Talk about why it is important to drink water.

Extension: Discuss the effects of alcohol on the human body and how this relates to their personal health. Also consider how fizzy drinks can cause tooth decay.

ACTIVITY 3 – FRUIT AND VEGETABLES FOR SALE

Learning objectives: Children will carry out a survey of favourite fruits and raw vegetables. They will organise a sale of fruits and raw vegetables.

National Curriculum links: Ma4: If Pupils should be taught to decide how best to organise and present findings.
2b They will ... construct and interpret frequency tables ...

Resources: Fruits and vegetables to sell, plastic drinking cups, chopping boards, safe knives.

Preparation: Remind the children of the importance of eating five portions of fruit/vegetables each day. Explain that as a way to encourage more children throughout the school to eat fruit and raw vegetables, the class is going to sell 20-pence portions during a playtime. Ask for suggestions of the fruits and vegetables that might be good to sell. Which fruits would be easy to prepare and also which ones would children be most likely to want to eat?

Activity 1: As a class make a table to be given to all classes in the school to discover which fruits and raw vegetables children would like to buy.

Activity 2: Divide the class into groups to prepare with an adult the fruits for selling, sell the fruit, record in a frequency table which fruits and how many sold in each year group and finally to count the money.

Plenary: Together look at the frequency table.