

# Healthy Hula Hoops

Split into three groups and swap around

## Group 1

Sort the food items into healthy and unhealthy using labelled hula hoops.

## Group 2

Sort food items into the following food groups:

**Fruit and vegetables** – great sources of vitamins, minerals and fibre

**Carbohydrates** – for example bread, pasta, potatoes, rice – these are good sources of energy.

**Dairy** – good sources of calcium, for strong bones and teeth.

**Proteins** – help us grow muscles

**Fats** - should be eaten sparingly, these are good sources of energy.

## Group 3

Stick sugary foods onto the sad tooth and less sugary foods onto the happy tooth

## Extension Task

Draw skeletons on black paper with chalk.

How many bones can you name?

Did you know there are 27 bones in the human hand?

