

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?

