



food groups

Carrot and apple – Protective foods

Put your arms into the shape of an X. Fruit and veg are protective foods that give us lots of vitamins.

Pasta – Energy foods

Do star jumps. Carbohydrate foods give us lots of energy.

Pulses and lentils – Growing Foods

Crunch down small and jump up tall as you grow. Protein and iron rich foods help us grow.

Cheese – Strength foods

Can you sit down and stand up without using your hands. Calcium rich foods give us strong bones and teeth.

Sweets and chocolate – Extra foods

Make yourself really small. We only need a little of these foods as they are high in fat and/or sugar.

Instructions

- Put 1 card in each pocket.
- Roll the cube and see what food it lands on. Discuss what food it is and what food group it is from. Practice the action together.
- Work through the foods until the children have practiced all the actions.
- Roll the cube and see what food it lands on. Can the children remember the action?
- Continue until all the children have had an opportunity to roll the cube.





01



Startwell
AWARD

02



Startwell
AWARD

03



04



Startwell
AWARD

05



Startwell
AWARD

06