



Healthy Eating Activity Sheet

1. List 5 healthy foods beginning with each letter from the word HEALTH:

H _____

E _____

A _____

L _____

T _____

H _____

2. Think of a food for every colour of the rainbow (Red, Orange, Yellow, Green, Blue, Indigo, Violet)
3. Find 3 foods in your cupboard with a green sugar label.
4. Make up a rap or song about your favourite family meal.
5. Match the statements on the left below to the correct answer on the right

Too much sugar can cause

Children today are eating around _____
than they should

Healthier drinks contain

Fruit and vegetables give us

Choose snacks that have all _____ labels

A bottle of coca cola contains

1 portion of fruit or vegetable is equivalent to

Green or green and amber

14 sugar cubes

A handful

3 times more sugar

Tooth decay

Vitamins

Less sugar