

# FOOD GLORIOUS FOOD

**A food based activity where participants learn about which foods belong in which food groups of the Eatwell Guide, combined with movement and physical activity.**

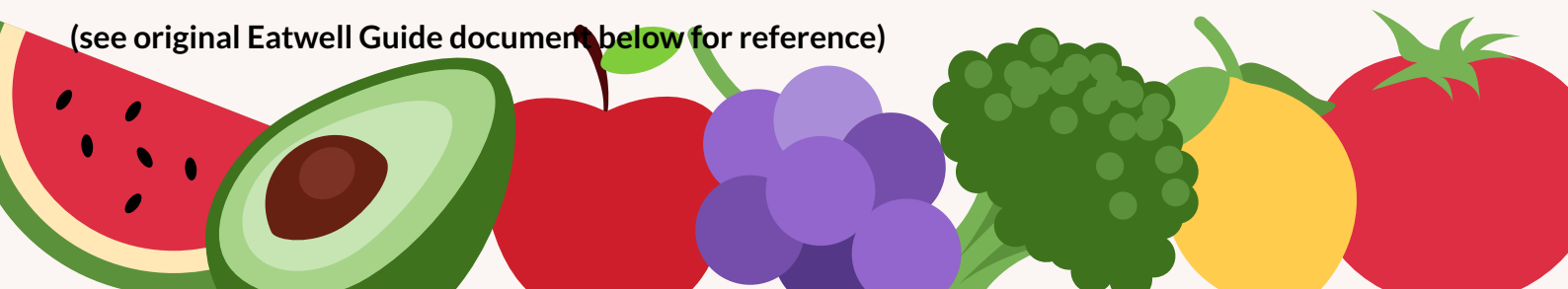
## **What you will need:**

- 5 pieces of paper printed with the food group titles on alternatively they can be clearly hand written
- string, blue tac or cello tape etc to stick the pieces of paper up
- A selection of approximately 25+ foods from across the 5 food groups; you can be creative and use food pictures cut out of supermarket magazines, food recycling packets, food names written on paper or replica foods or opt to print out the examples provided with this document and cut them up for individual food name examples (see below)
- Printed copy of the Eatwell Guide as a reference

## **How to play:**

1. Firstly using your available space (indoors or outdoors) take the 5 signs labelled with sections of the Eatwell Guide (print in advance or simply write clearly on a sheet of paper).
  - a. Fruit and vegetables
  - b. Potatoes, bread, rice, pasta and other starchy carbohydrates
  - c. Dairy and alternatives
  - d. Beans, pulses, fish, eggs, meat and other proteins
  - e. Eat less often & in small amounts (fat, salt & sugary food)
2. Place the signs in 5 different areas ensuring you can see all of them and they are not placed too far away from where you are running the activity; stick to a tree, fencing, walls or be creative ensuring the children can see them.
3. Using a range of foods from all of the food groups: pictures out of supermarket magazines, recycled food packaging brought in from home, food names written on small pieces of paper, replica foods etc. Place these in a central area and task the participants with choosing one at random and then run to the food group where they think that food lives as quick as they can placing down their label or food packaging as they go and then return to the starting point.
4. Continue the game with speed in mind until all of the food labels have been placed in one of the 5 groups
5. On the last food item ask the participants to wait in the corner they are in and encourage a volunteer from each group to read out what foods have been placed there
6. As the facilitator observe any food items that are incorrectly placed and briefly explain where the item belongs and why.
7. To encourage further movement for each food item that is incorrectly placed you can instruct all of the the participants to carry out a task such as run around the circle until back at their spot, do 5 star jumps, high knees for 15 seconds etc

(see original Eatwell Guide document below for reference)



# FOOD GLORIOUS FOOD

## Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturated fat 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

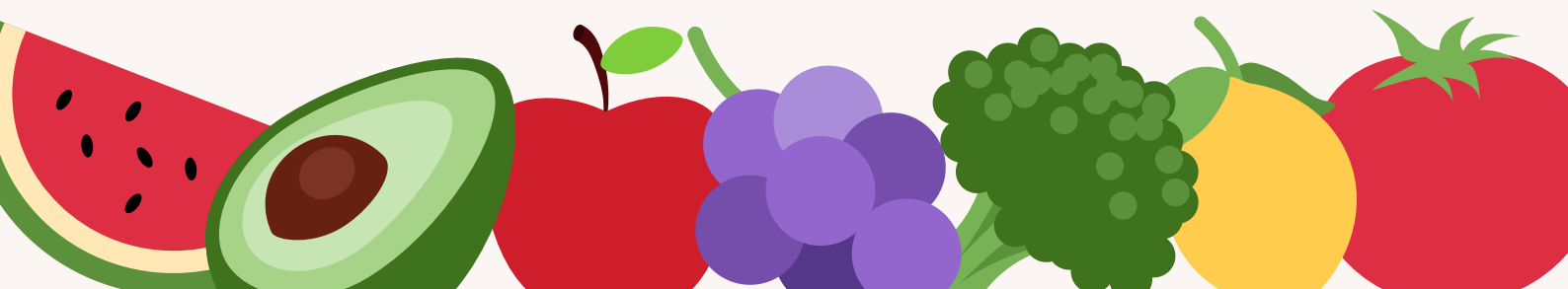
Choose lower fat and lower sugar options



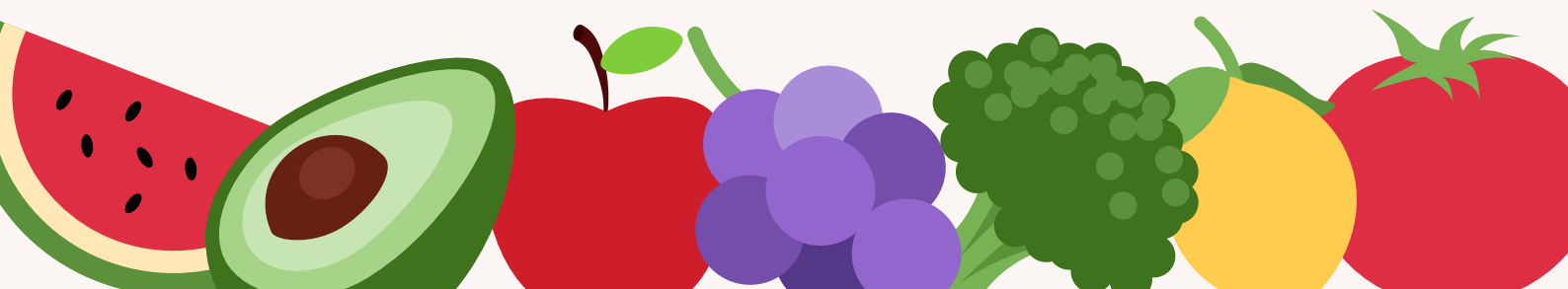
Oil & spreads

Choose unsaturated oils and use in small amounts

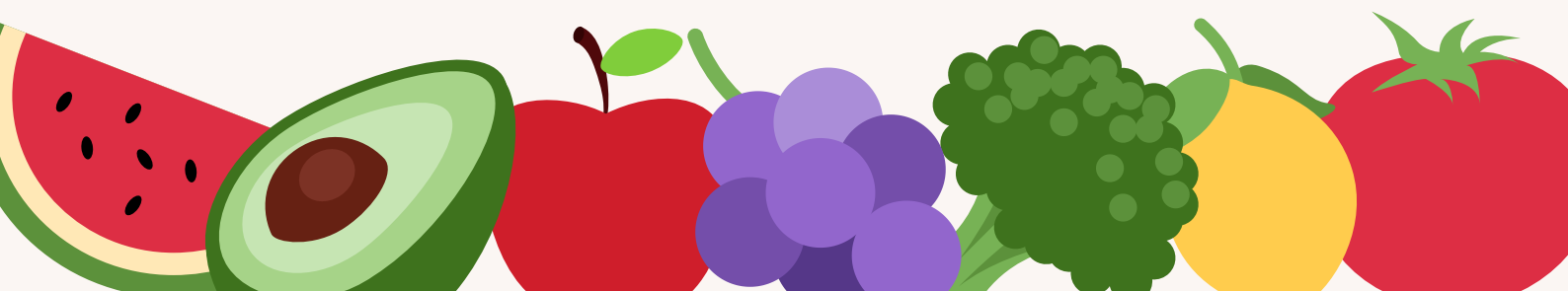
Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



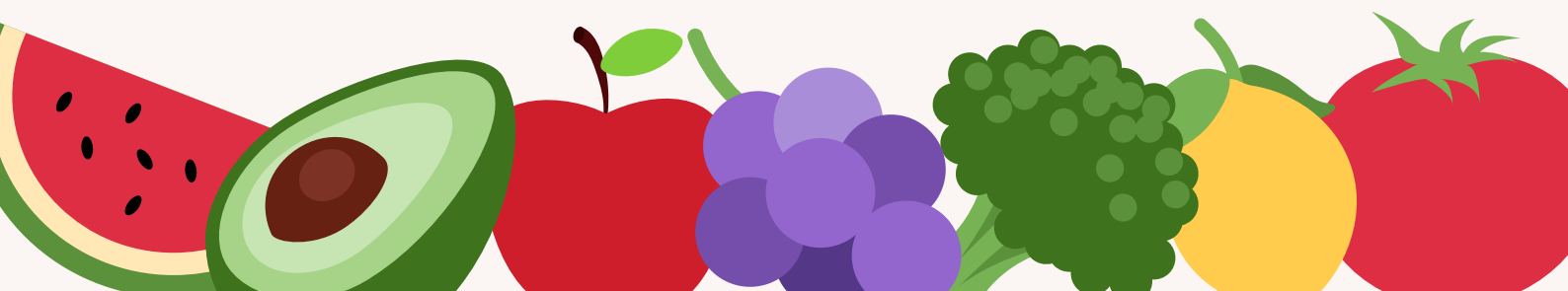
# Fruit and vegetables



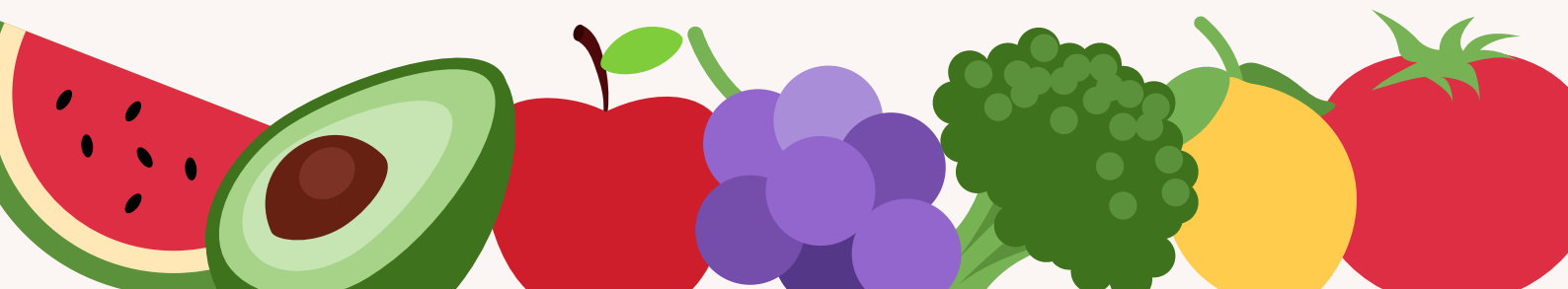
**Eat less often  
& in small  
amounts  
(fat, salt & sugary  
food)**



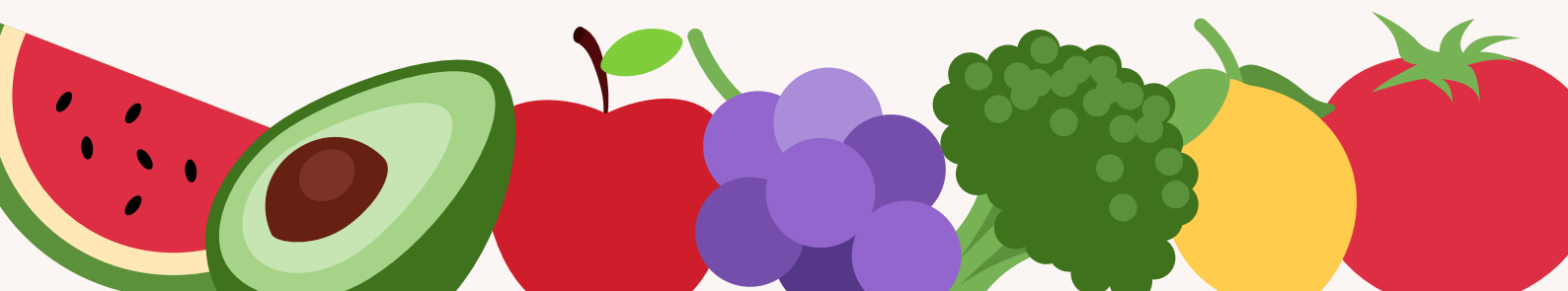
**Beans,  
pulses, fish,  
eggs, meat  
and other  
proteins**



# **Dairy and alternatives**



**Potatoes,  
bread, rice,  
pasta and  
other starchy  
carbohydrates**



Fruit and vegetables

Apple

Banana

Grapes

Tomatoes

Kale

Cucumber

Kiwi

broccoli



**Beans, pulses, fish, eggs, meat and other non-dairy sources of protein**

Lentils

Beans

Chicken wings

Sausages

Beef burger

Nuts & seeds

Tuna

Omlette

**Dairy and alternatives**

Soya yoghurt

Cheddar cheese

Cheese spread

Full fat milk

Oat milk

Mozzarella cheese

Cottage cheese

Semi-skimmed  
milk

Potatoes, bread, rice, pasta and other starchy carbohydrates

Potato

Pasta

Rice

Bread

Chapatti

Low sugar cereal  
or porridge oats

Bagels

Cous cous

**Eat less often and in small amounts**

Energy drinks

Chocolate

Crisps

Biscuits

Ketchup

Muffins

Strawberry  
milkshake

Sweets