



Suggested Activities

1 Eating a Balanced Diet

To reinforce the messages from the Cyril the Seal booklet. Children should identify which foods belong to which food groups and why they are important in a balanced diet.

Support Materials

- Activity sheet 1 - Fill in the missing words
- Completed activity sheet 1
- The Food Groups reference sheet

2 The Balance of Good Health

To illustrate which foods we should eat more of and which less. Either individually or as a class activity children can create a food plate.

Support Materials

- Activity sheet 2 - blank food plate
- Completed activity sheet 2 - the food plate
- A sheet of different foods
- A sheet of different foods (teachers' copy)
- The Food Groups reference sheet

External Links

- [Galaxy H - School Menu](#)
- [Mind, Body and Soul - What should I eat?](#)
- [Healthy Living \(Scotland\)](#)
- [Food Plate & Quiz \(NHS Borders\)](#)
- [Food Standards Agency - Food myths debunked](#)
- [Mind, Body and Soul - quiz - myth or magic \(interactive\)](#)
- [Nutrition Explorations - How much should you eat?](#)

Note: Nutrition Explorations is a US website. US food groups are essentially the same but may use different terminology.

3 What's in your Lunchbox?

Which foods to choose for a balanced meal at lunchtime.

Support Materials

- Activity sheet 3 - Lunchbox
- Completed activity sheet 3

External Links

- [Food Standards Agency - Top lunchbox tips](#)
- [Food Standards Agency - A month of lunchboxes](#)

4 Five a Day

Different ways to have five fruit and vegetables a day.
Investigate a selection of fruit and vegetables (perhaps include some unusual ones for children to try).

Support Materials

- Activity sheet 4 - Five ways to 5 a day activity sheet
- Completed activity sheet 4

External Links

- [Mind, Body and Soul - 10 tips on easy ways to eat more fruit and vegetables](#)
- [Food Standards Agency - 5 a day the Bash Street Way](#)
- [Dole 5 a day](#)

Note: Dole 5 a day is a US website

5 Food Diary

Ask children to create a food diary for one day.
By reference to the food plate discuss whether children have eaten a balanced diet.

Support Materials

- The food plate (completed activity sheet 2)

External Links

- [Mind, Body and Soul - How many varieties of different foods did you eat yesterday? \(interactive\)](#)

6 Look at the Label

A slightly more advanced activity, which may require some research.
Ask children to look at some food labels. How much sugar, fat and salt do various packet foods contain? This will require recognising different types of sugars and fats, and how to work out the amount of salt from the sodium content (multiply the sodium by 2½).

External Links

- [Eat Well Guide to Food Labels \(Food Standards Agency\)](#)
- [Salt - Watch It! \(Food Standards Agency\)](#)

7 Wall Display

Create large pictures of the main characters in the booklet.
Which foods do they eat and why?

