

Healthy food 1

Draw one of your favourite foods.

Now invent a healthier version of this food.

Healthy food 2

What if you could only eat chocolate, because no other food is available.

What would be the consequences?

Give 3 suggestions.

Healthy food 3

Work out 3 different ways in which this picture could remind us of healthy food.



Healthy food 4

Brainstorm 5 different types of healthy food that taste delicious.

Healthy food 5

The answer is
“**healthy food**”.

Give 5 questions.

Healthy food 6

Think of a healthy food that most children do not like.

Think of 3 ways to make the food taste better, but still healthy.

<p style="text-align: center;">Healthy food 7</p> <p>Make a list of all the fruits or vegetables you can think of that are the colour:</p> <p style="text-align: center;">orange.</p>	<p style="text-align: center;">Healthy food 8</p> <p>Make up a recipe using these 3 ingredients:</p> <ul style="list-style-type: none">•carrot•sultanas•rice <p>You may use other ingredients as long as the dish is healthy.</p>
<p style="text-align: center;">Healthy food 9</p> <p>Several children in the class have an allergy to sugar and food colouring.</p> <p>Make a list of foods for your class party that will help these children feel as if they are not missing out.</p>	<p style="text-align: center;">Healthy food 10</p> <p>You are in a “Master Chef” competition and the judges are looking for the tastiest, but healthiest dish.</p> <p>Give 3 suggestions of dishes you could make.</p>
<p style="text-align: center;">Healthy food 11</p> <p>“Primary school children should not be allowed to help in the kitchen.”</p> <p>Give 2 reasons why this could be a good thing.</p> <p>Give 2 reasons why this could be a bad thing.</p>	<p style="text-align: center;">Healthy food 12</p> <p>Brainstorm as many ideas as you can, for helping children to eat less junk food.</p>