

RECORD IT

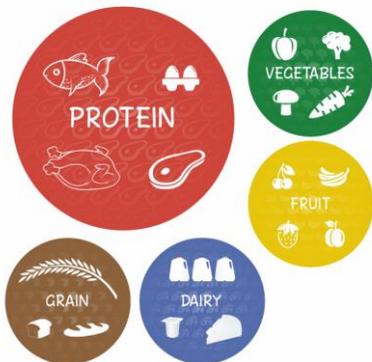
Dietary Diary

Sometimes people say their memory is so bad, they can't even remember what they had for tea last night! With a food diary, you won't have to remember!

Make a diary recording what you eat for breakfast, lunch and tea as well as your snack and drinks.

Think about what food groups your foods are falling into – is your diet balanced? Which food group are you eating the most of?

There are lot of food diary templates online or Miss Fowler can give you one.



MOVE IT

Dance Like No One's Watching!

Did you know that dancing for half an hour can burn anywhere from 100- 250 calories?

Dancing is one of the best activities for a full body work out, requires no training and is loads of fun to do!

There are loads of dance work outs to do on YouTube, such as the ones below:

Meghan Trainor – Better When I'm Dancing

<https://www.youtube.com/watch?v=t6PmB6tMBOc>

Clean Bandit - Rockabye

<https://www.youtube.com/watch?v=dkH1nZkkNbY>

45 Minute Dance Challenge!

<https://www.youtube.com/watch?v=8y6blbr-Hn0>

TRY IT

Sugar Surprise!

Sugar is something most of us like but has many negative effects on our bodies. Try this experiment to find out how much sugar is in different kinds of drinks.

You will need:

- 600 ml of a variety of drinks
- Pan
- 1 sensible adult to help with heating!
- Spoon

1. Measure 600ml of the drink of your choice and pour into a pan
2. Heat the pan until the liquid boils
3. Keep it boiling until it boils down to just the sugar
4. Let it cool down and scoop out with a spoon
5. Compare your sugar piles – which drink has the most sugar? Are you surprised?

BAKE IT

Not all yummy snacks need to be filled with sugars and fats Try these healthy recipes for yummy treats without the bad stuff!

Mini Fruit Pizzas

You will need:

- Flour tortillas
- Greek yoghurt
- A squeeze of honey
- Orange juice
- Drop of vanilla
- Fruit of your choosing

1. Cut a circle out of the tortilla, about the size of a jam jar lid
2. In a bowl, mix together a good dollop of yoghurt, a squeeze of honey, a drop of vanilla and some juice (keep tasting until you like it!)
3. Spread your yoghurt mix onto the tortilla circles
4. Layer your choice of fruit on top – the more variety the better!



COMPARE IT

Favourite Food Showdown

Pick your five favourite meals e.g. burger and chips, spaghetti Bolognese etc.

Put them in what you think is the right order from healthiest to unhealthiest.

Look at the ingredients that go into each of these meals and sort them into the food groups.

Which meal is the most balanced?
Was your first ranking correct?

RESEARCH IT

Sports Star Snacking

All sports men and women need to make sure their diet is finely tailored to keep them in peak physical condition.

Try researching into some of your favourite sports stars and what their diet is like.

How do they eat compared to you?

Some interesting diets of sports players:

Venus Williams – tennis player and vegan

Lewis Hamilton – F1 driver and vegan

Novak Djokovic – Tennis player and gluten free

Sarah Jane Smith – golfer and gluten free

Hannah Teter – snowboarder and vegetarian

Mike Tyson – boxer and vegetarian



HELP HIM

Alien Eating

Zab the Alien has had a great time trying lots of Earth food, but he's not making the best decisions!

Can you use your researching skills to help find healthy alternatives for his favourite meals?

Meal 1 – Fried chicken, chips and ketchup

Meal 2 – Cheesy pizza with pepperoni and a drink of Fanta

Meal 3 – Ice cream sundae with hot fudge sauce and chocolate sprinkles

Meal 4 – Chocolate flavoured cereal with marshmallows and a cup of coffee with 2 sugars



Best Bran Muffins

You will need:

- 1 cup water
- 3 cups All Bran cereal
- ¼ cup unsalted butter
- ¼ cup unsweetened apple sauce
- 1 cup muscovado sugar
- 2 large eggs
- 2 cups buttermilk
- 1 ½ cups whole wheat flour
- 1 cup self raising flour

1. Preheat oven to 400 degrees F.
2. Boil 1 cup of water.
3. Mix boiling water and 2 cups All Bran cereal together in a bowl. Set aside.
4. Mix together butter, sugar, applesauce, buttermilk and eggs, then add baking soda, flours, and salt.
5. Add the All Bran and water mixture.
6. Lastly, add 1 cup of dry All Bran cereal. Mix until blended.
7. Grease muffin tin and fill each tin 3/4 of the way full of batter.
8. Bake for 13-15 minutes for regular size muffins or until the muffins bounce back.

