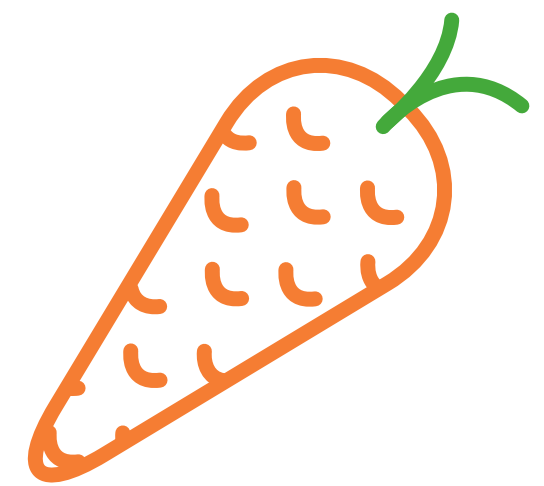


Healthy Eating Activity Ideas (For Activity Providers)



Aim of resource:

To be used as a reference document for activity ideas, that can be used to help children learn about healthy eating as part of the BACE holidays programme. Each suggested activity is approximately 10–15 minutes in duration. All of the activities are based on the healthy eating principles of the Eatwell Guide.

Learning objectives:

For children and young people who engage with BACE holidays to:

1. Understand how to maintain a balanced diet to lead a healthier lifestyle as they grow up.
2. Make healthier food choices for themselves.

Top tips:

- Choose 1–2 activities to conduct with the children during the sessions.
- Try to emphasise the benefits of healthy eating during the activities for e.g. "it will make you grow healthy and strong", "it will help you to not get poorly" etc.
- For more activity ideas, useful websites have been highlighted within the resource.
- Evaluate the activities to reflect and see where improvements could be made for next time. *An activity evaluation tool has been provided.*

Ages 5–11 years old

Veg Power

Veg Power is a campaign designed to encourage children to eat more veg.

For fun cooking activity ideas and more, visit the vegpower.org.uk website.



Food Riddles

Hide a healthy food item in a box or dark bag and ask the children to guess what the item is by providing clues for e.g. its crunchy in salad, it can be green or red, it is round etc. Food suggestions: lettuce, brown bread, melon, coconut, apple etc.



Food a fact of life

Run by the British Nutrition Foundation, this programme provides healthy eating education resources including activities and interactive quizzes. Visit foodafactoflife.org.uk for more information.



Sorting activity

Print pictures of a variety of foods from all food groups or buy a food game card deck. Help the children to arrange the foods into healthy and unhealthy groups and discuss with them why they are to be eaten often or less often.



Watch videos and read stories

Reading list: Jasper McFlea would not eat his tea, The boy who loved Broccoli Oliver's vegetables, Creepy Carrots, Are you eating something green? Beautiful bananas.

Videos:

[The hungry Caterpillar](#)
[Broccoli is not so bad](#)
[Learn vegetables](#)



Food Rainbow Collage

Outline the sections of the rainbow on paper and place images of healthy foods that match the colour of the section.

Equipment: Colouring pencils, paper, pens, pictures of healthy foods, glue (optional)



Ages 5–11 years old

Food group hunt

In a selected space, each wall should focus on one food group. Hide images of foods or pretend food around the room for the children to find. When an item is found, discuss what food group it belongs to and place it at the chosen wall for that food group.



Change 4 life

Change 4 life is a national campaign that provides resources to support families with living healthier lifestyles. For fun cooking activity ideas and more, visit the [change4life website](https://www.change4life.org.uk/).



Shopping obstacle course

Ask each child to pick up any 3 items from a pretend store. However, they need to go through an obstacle course to get to the store. Have them follow the course to the "store". Once there, they need to pick up the items and then follow the course back to the beginning. Assess who chose what and praise those choosing healthy food items.



Singing and dancing

Sing and dancing are powerful tools to help children enjoy learning.

Music recommendations:
[The Wiggles Nursery Rhymes](#)
[Sesame Street, Food Favourites](#)
[The Food Song](#)
[Banana by D millions](#)
[Apples & Bananas song](#)



Food Alphabet

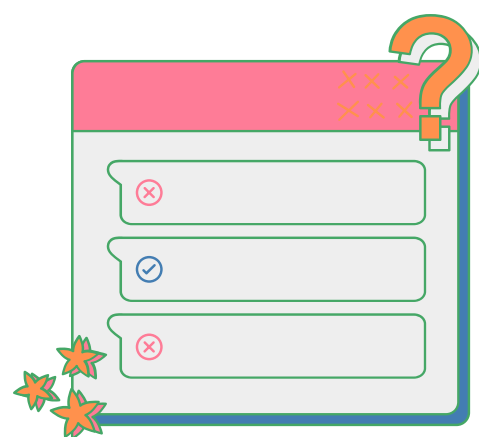
Match healthy food items to letters of the alphabet and create a work of art! Children could even match the letters in their name with a healthy food item for e.g. the name Tom : T(tomatoes), O (onions) M (melons)



Ages 12–16 years old

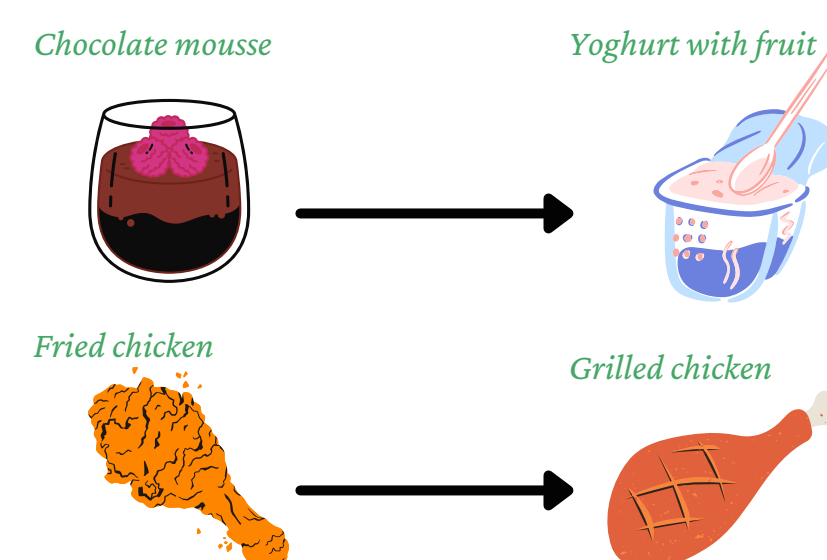
Kahoot quizzes

Make learning about healthy eating fun with an interactive [Kahoot quiz](#). Each quiz player can select answers to the quiz questions on their mobile device in real time.



Healthy Eating countdown

Present an unhealthy food item and like the gameshow 'countdown', players have 60 seconds to come up with healthy food swap alternatives. Check out the [Change 4 life](#) website for inspiration.



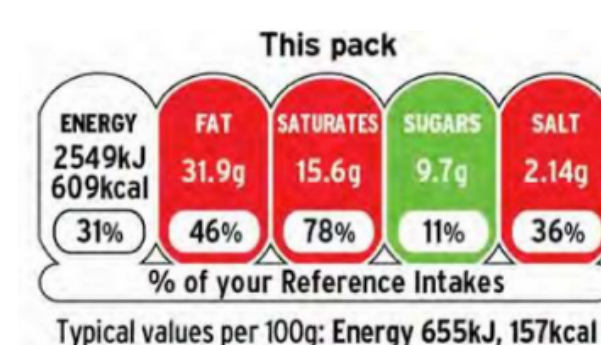
Eatwell Guide Activity

Referring to the Eatwell Guide, present the group with an empty Eatwell guide. Give out picture cards and ask them to place the food images under the right food group. Evaluate their food image allocation on the eat well guide.



Food label activity

Present different food labels to the food group and looking at the traffic light food label, assist them in ranking the foods as the least healthy to the healthiest.



Add a pinch of physical activity

Try to incorporate and promote physical activity into your session plans. Being physically active enhances concentration, **learning** and has many proven benefits on an individual's mental health & well-being. For e.g. rather than conducting a commonly seated activity could be performed with active breaks and/or stood up. For physical activity ideas to promote and use in sessions, check out the [Change 4 life](#), [UK Active](#) and [Sport England](#) website.

Also, there are plenty of local physical activity opportunities that families can be signposted to. The [Barnet council website](#) lists parks and open spaces for physical activity. Also, the [Barnet local offer](#), [GLL Better](#) and [Direct Me](#) websites list more opportunities for physical activity that are available.

Further help and information

[Barnet 0–19 Early Help Service – BACEHolidays](#)