

1 FAMILY CHALLENGE!

Choose someone in your family. (Or everyone in your family!)

Tick each food you eat or activity you do. Who can get the most ticks in one week?

FOOD	ME	CHALLENGER	ACTIVITY	ME	CHALLENGER
Peas			Walk 1 mile		
Broccoli			Cycle 1 mile		
Banana			Trampoline 10 minutes		
Apple			Dance		
Kiwi			Run		
Milk			Read a book		
Yogurt			Draw a picture		
Fish			Go swimming		

2 HEALTHY ME!

Can you find the healthy words hidden in the grid?

The words go across and down.

- APPLE
- BANANA
- EXERCISE
- EGG
- MILK
- PEAS
- PORRIDGE
- RUN
- SLEEP
- SWIM

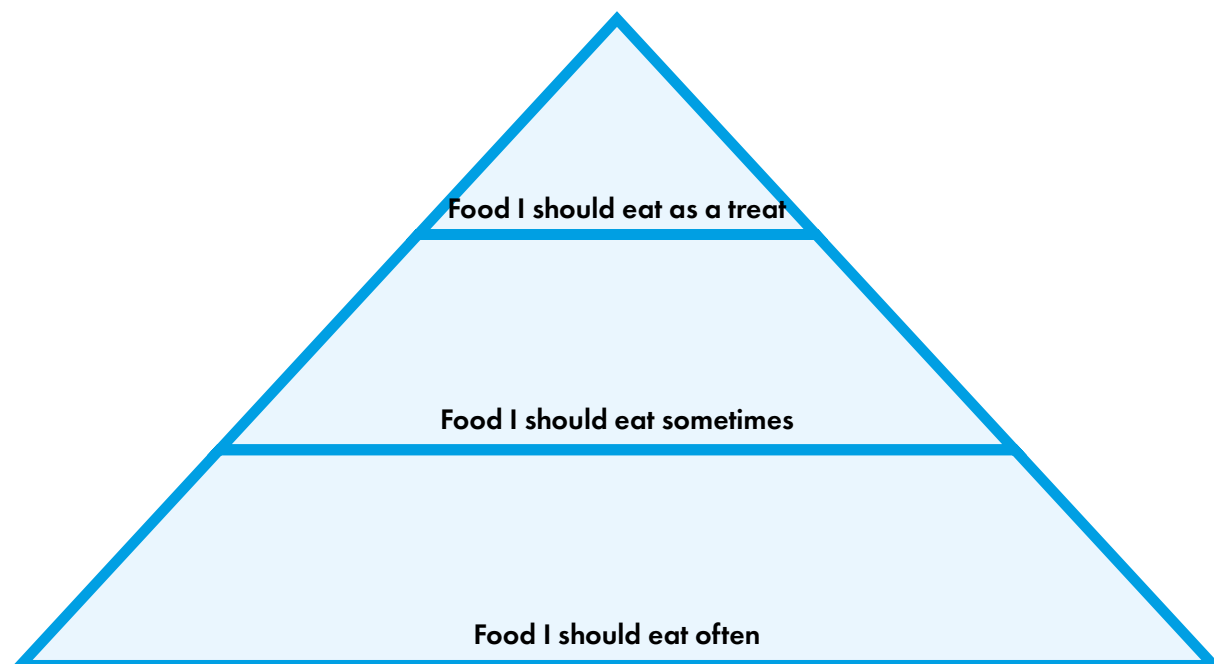
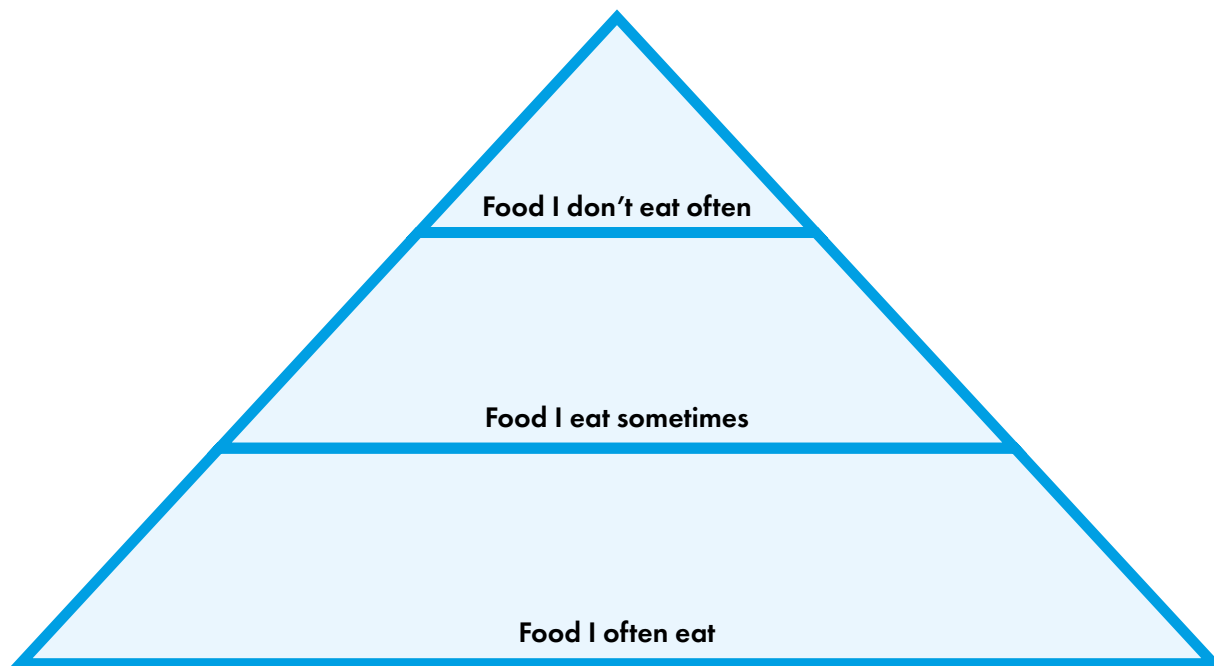
A	P	P	L	E	X	S	W	V	C
L	O	O	T	X	G	L	N	B	U
C	R	U	N	E	R	E	O	A	I
S	R	F	O	R	M	E	P	N	Y
C	I	E	N	C	W	P	E	A	S
Q	D	I	M	I	L	K	B	N	W
N	G	F	Z	S	I	W	J	A	I
Q	E	G	G	E	Y	R	E	D	M

3

FOOD PYRAMIDS

Fill in both pyramids by drawing or writing the foods.

What do you eat a lot of? What should you eat a lot of?



Are your pyramids the same? What could you do to improve what you eat?