

1 FAMILY FOOD CHALLENGE

Choose someone in your family to challenge.

Every time you have a portion of these you win 2 points.

apple banana grapes kiwi carrots peas broccoli courgette beetroot tomato melon
mushrooms lettuce cucumber chickpeas lentils onions sweet potato

Every time you have a portion of these you lose 2 points.

crisps chocolate sweets fizzy drinks biscuit hotdog chips cake/bun

Add up and take away your points for one week. Who has the most?

ME		CHALLENGER	
+		+	
-		-	
Total		Total	

2 GOODNIGHT FRED

What should FRED do to help him get to sleep? Find five things.



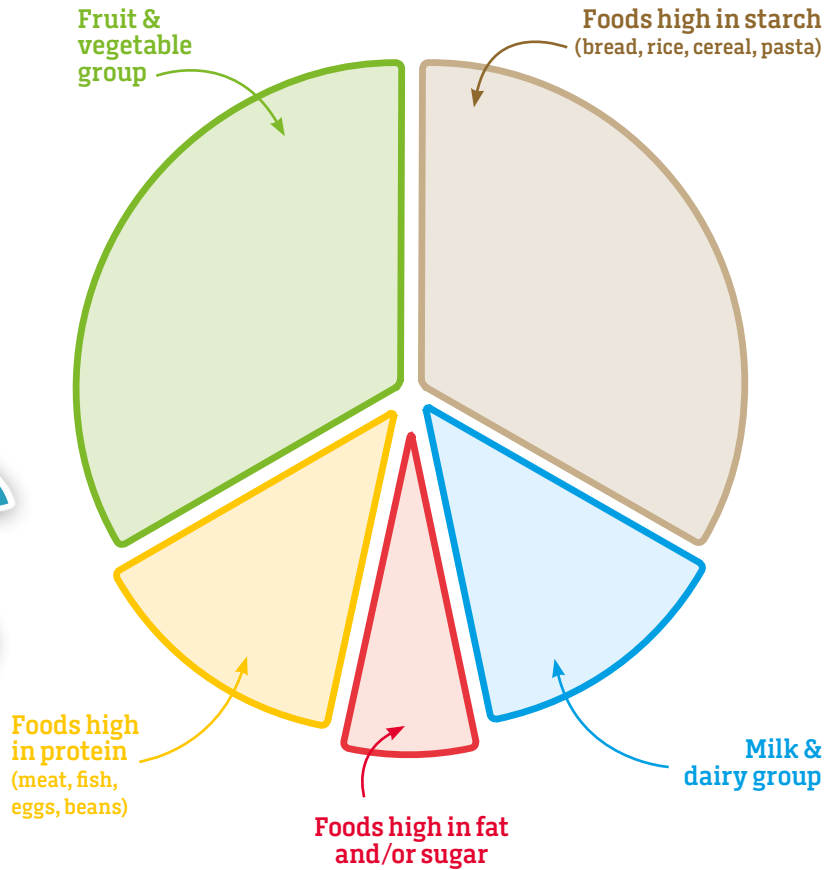
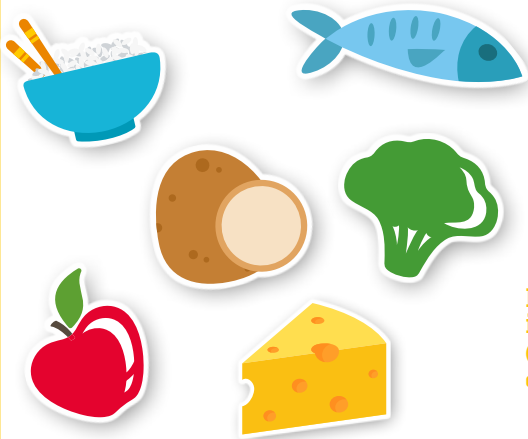
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FRED'S PERFECT PLATEFUL

A balanced diet contains each of these types of food.

meat, fish, nut loaf, cheese,
lots of different vegetables,
lots of different fruit,
potatoes, rice, pasta

Draw them on this plate to show a balanced diet.



4

FRED'S EXERCISE

Look at FRED's favourite exercises. He's getting very fit!

Write your own exercise routine plan below.

Can you do as much as FRED?

1. _____
2. _____
3. _____
4. _____
5. _____

