



Feel good

Food for thought

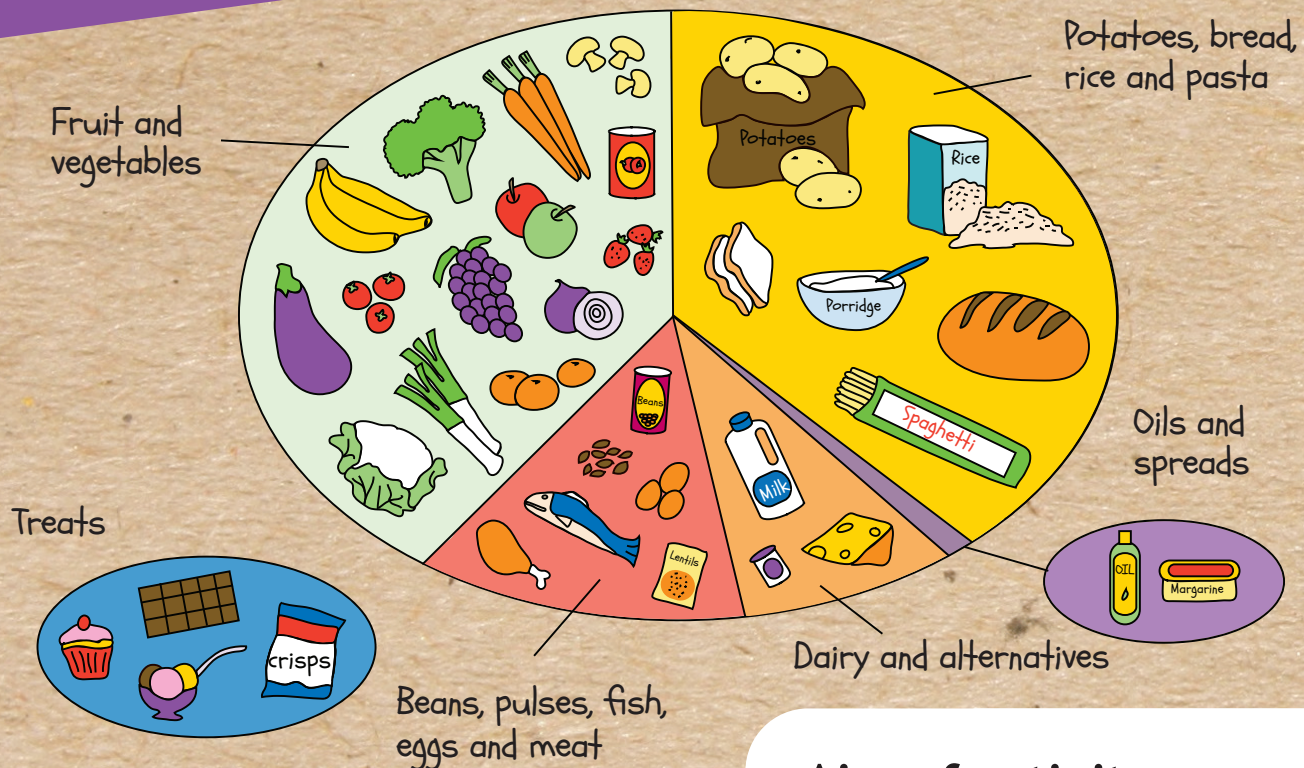
Stage

1

30 mins



Skills builder



Aim of activity

There are so many yummy foods to try! Challenge yourself to build a balanced plate of food full of tasty treats.

What you'll get out of it

- Explore different types of food.
- Understand balanced diets.

What you'll need

- Glue
- Colouring pencils or pens
- Paper (optional)
- Scissors (optional)

For each girl:

- A paper plate
- Pictures of food
 - 4 fruits or vegetables
 - 4 carbohydrate foods

- 3 protein foods
- 2 dairy foods
- 1 oil or spread food
- 1 treat food



WE DISCOVER, WE GROW

Girlguiding



Feel good

Note to leader

You may want to research balanced diets before starting this activity. Also, think about any dietary requirements girls have and how that may affect their diet.

What to do

1 Your mind and body need different foods to help you grow, be active and stay healthy. Chat about what foods you think are the best for you and what foods are bad for your health.

Food groups

We can eat all kinds of food as long as we get the balance right. Food is put into six groups based on the good things that it does for our mind and body. They are:

- Fruit and vegetables
- Carbohydrates such as potatoes, bread and pasta
- Proteins such as beans, fish, eggs and meat
- Dairy and alternatives
- Oils and spreads such as butter and margarine
- Treats

2 Get into two groups called the hiders and the finders. Your leader will give the hiders half of the food pictures.

Try it this way

Instead of having printed pictures, why not draw your own?

3 Finders, sit down and cover your eyes. No peeking. Hiders, your job is to hide your food pictures around your meeting space. Make sure you hide some of them in tricky places – off you go!

4 When the hiders are done, finders open your eyes and start looking for food. When you find one put it into a pile with others from that food group. Then go and find another one. Can your team find them all?

5 Once all the food has been found, swap groups, give the new hiders the rest of the food and play again.

6 Now, each grab a paper plate. Draw lines on the plate like in the picture on the front. If you can, label each section.

7 Next, from the pile find:

- Four fruits or vegetables
- Four carbohydrate foods
- Three protein foods
- Two dairy foods
- One oil or spread food
- One treat food

Glue the food pictures into the right section on your plate to show how the food you eat is split into the food groups. Treats go around the edge as you should only eat them occasionally.

8 Put your plates near where you make food, either at home or in your meeting space, to remind you of all the tasty things you can eat.