

Healthy Lifestyles

WORKBOOK

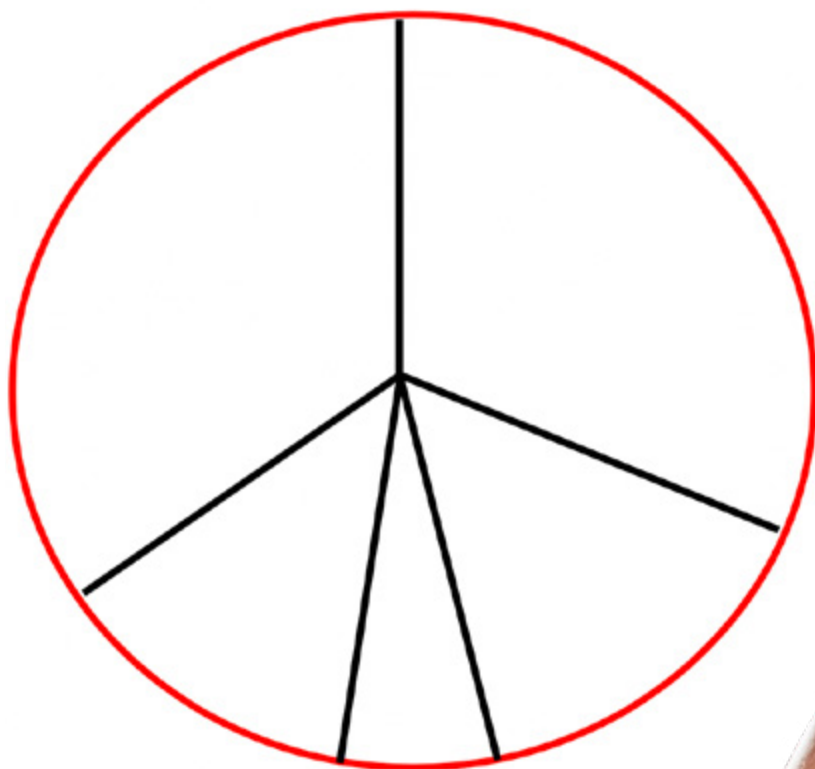
NAME



TRETHOWANS



LEWIS COOK'S EATWELL PLATE



FOOD GROUPS

- Fruit and Vegetables
- Carbohydrates
- Milk and Dairy
- Protein
- High in fats and sugars

Lewis Cook is preparing his food, as part of his build up to the next AFC Bournemouth match

Which section of the Eatwell plate is represented by which food group?



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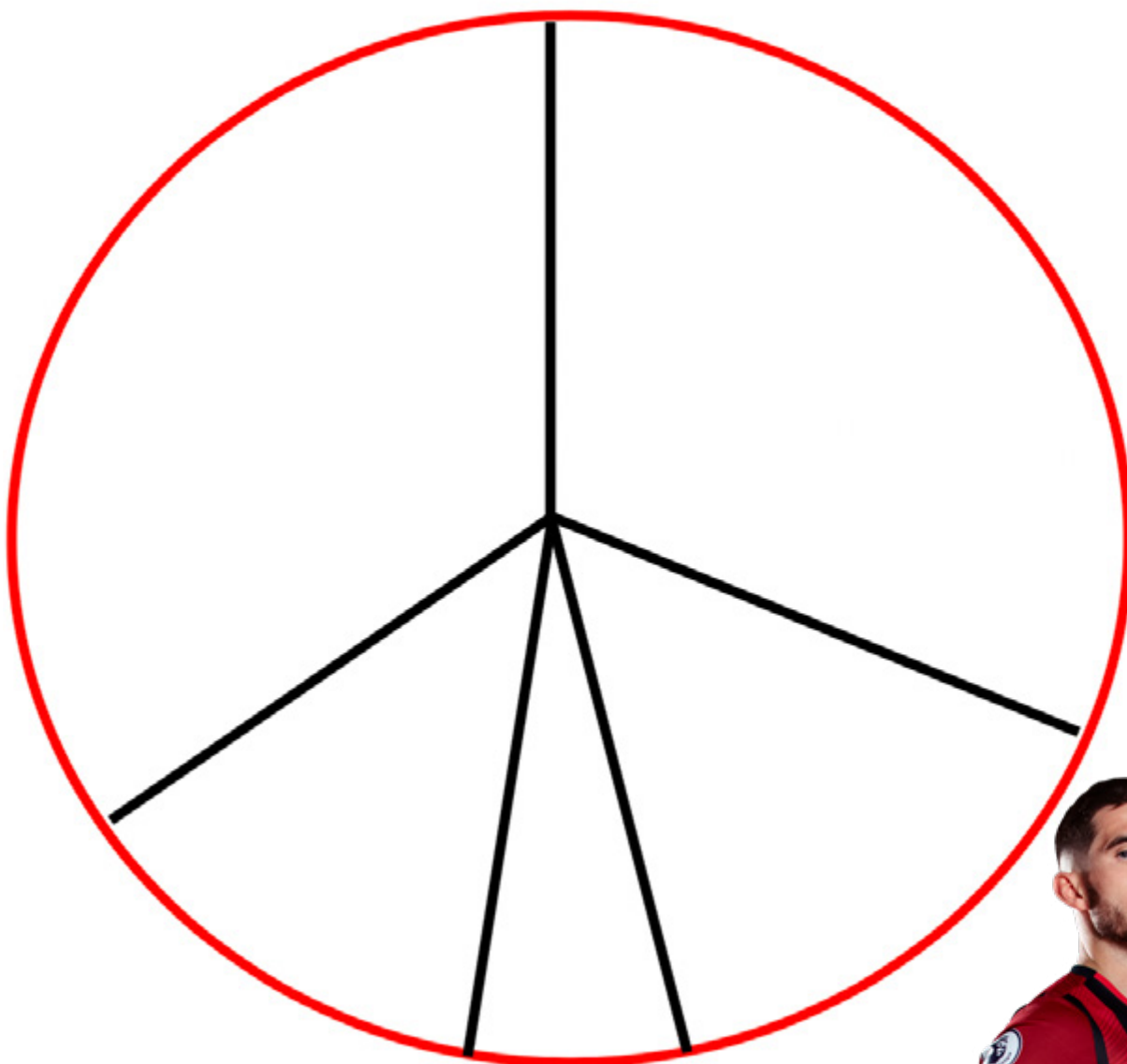


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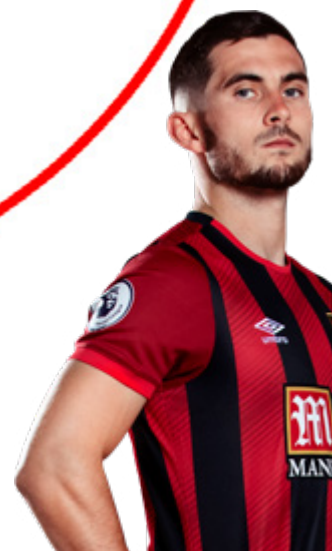
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LEWIS COOK'S EATWELL PLATE



Now you have filled in all the sections of the Eatwell plate.

Can you draw or write 5 different foods/drinks that fit in each section?



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HEALTHY WORD SEARCH

Spot the words that are related to a healthy lifestyle



- Calcium
- Carbohydrates

- Exercise
- Fruit
- Hydration

- Nutrition
- Protein
- Sleep

- Vegetables
- Water

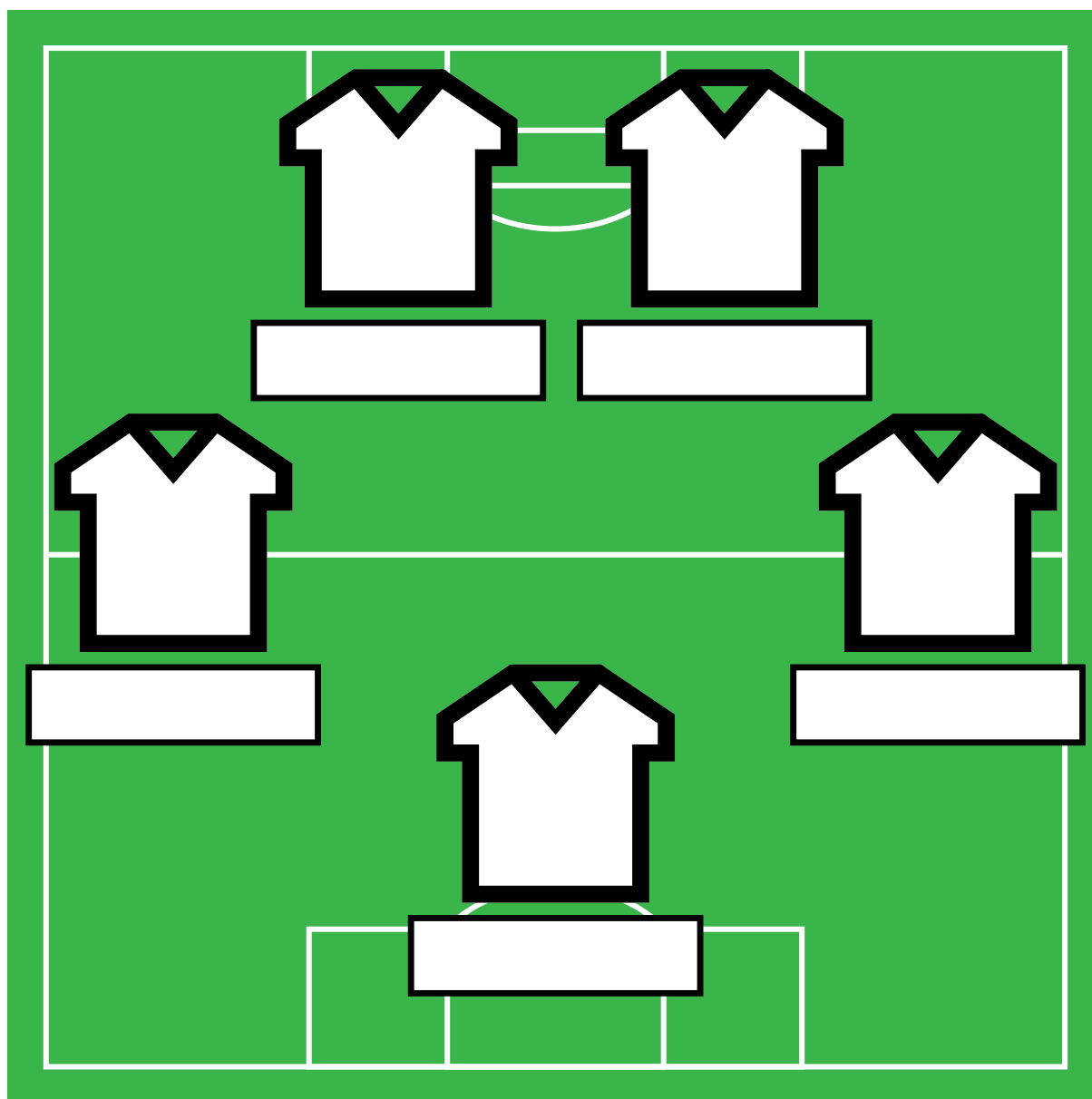
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HEALTHY WORD SEARCH

Colour in each of the football shirts with one of your favourite fruits or vegetables.



Try fill in each player as a different colour (e.g. Tomato, Banana, Broccoli, Orange, Blueberry and Cauliflower).

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QUIZ TIME

Circle the right answer

- How many portions of fruit and vegetables should we eat every day?
 - A 1-2 portions
 - B 3-4 portions
 - C 5 or more portions
- Protein is good for you because...
 - A It gives you energy
 - B It helps your muscles grow and recover
 - C It adds flavour
- A balanced diet means...
 - A Eating the same amount of everything
 - B Eat the same meals every day
 - C Eat a mixture of foods and the right portions
- Which of these food or drinks contain calcium?
 - A Cheese
 - B Yoghurt
 - C Milk
 - D All of these
- An hour before a football match, which of these foods/drinks are best to have?
 - A Burger and chips
 - B Sweets and crisps
 - C Banana and Water
- We eat foods high in carbohydrates because...
 - A They provide us with energy
 - B It builds strong bones and teeth
 - C It's good for our blood
- How often should we exercise?
 - A Once a week
 - B Every other day
 - C Every day
- When you're thirsty its best to drink...
 - A Water
 - B Fizzy Drinks
 - C Tea/Coffee

Answers

8-A

7-B

6-A

5-C

4-D

3-C

2-B

1-C

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Well Done!

WORKBOOK COMPLETE



TRETHOWANS

