

'5-a-Day' Dash



Objective

To reinforce children's understanding of healthy eating.



Equipment

- Enrich School Orienteering Map
- Orienteering control markers
- Activity Sheet



Preparation

- Children could do this activity in pairs or small teams.
- They should have been introduced to the advice about '5-a-Day' of different fruits and vegetables before taking part in this activity.
- Teachers can use the prepared Activity Sheet.
- Alternatively, they can select a specific set of orienteering control points for this activity and insert the numbers for these control points into the editable Activity Sheet.
- Provide each pair/team with a copy of the Activity Sheet and an Enrich School Orienteering Map.



Instructions

- The Activity Sheet has 5 specified control points that children locate, using their orienteering map.
- At each point, they record they choose one of three fruits and vegetables to be one of their '5-a-Day'. They record the first letter from the control marker to show their choice.
- When they have chosen five items of fruit or vegetables, they return to the starting point.



Other information

- When children have completed the activity, they can compare and discuss the choices that they have made.
- What other fruits and vegetables could they have included?
- Were there any fruits or vegetables that they have not yet tried?

