

# Healthy Eating Orienteering



## Objective

To reinforce children's understanding of healthy eating.



## Equipment

- Enrich School Orienteering Map
- Orienteering control markers
- Activity Sheets 1 and 2, 1a and 2a.



## Preparation

- Children could do this activity in pairs or small teams.
- Provide each pair/team with a copy of two Activity Sheets and an Enrich School Orienteering Map.
- Activity sheets 1a and 2a are the same activity but have additional challenge.
- Explain to children how to complete the activity sheets.



## Instructions

- The Activity Sheets each have 3 words linked to diet and healthy eating which have several missing letters.
- There is a clue to each word.
- There are specified control markers above groups of missing letters.
- **Activity Sheets 1 and 2**
- Children fill in specified letters from each control marker to complete the word.
- **Activity Sheets 1a and 2a**
- Children have to select letters from each control marker to complete the words.
- When children have completed a word, they have to select foods which are a good source of this. (There is a list of foods that children can select from at the bottom of Activity Sheet 2 – but children can use other foods if they prefer.)



## Other information

- The 'healthy eating' words are: protein, carbohydrates, fats, vitamins, calcium.
- When children have completed the activity, they can compare and discuss the choices that they have made.

