

# Healthy Eating Orienteering Quiz



## Objective

To reinforce children's understanding about healthy eating.



## Equipment

- Enrich School Orienteering Map
- Orienteering Control Markers
- Activity Sheet
- Answer Sheet



## Preparation

- Children should have been introduced to key facts about healthy eating 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. (Insert the 4th letter from the marker of each control point you choose next to the correct answer.)
- Divide the class into teams (6 teams?).
- Provide each team with a copy of the Activity Sheet and an Enrich School Orienteering Map.



## Instructions

- The Activity Sheet has a set of questions on healthy eating, each of which has three possible answers to choose from.
- At the starting point, each team chooses one of their questions and ticks against what they decide is the correct answer. (The teacher makes sure that they have ticked against an answer for the question before running to check their answer.)
- Using their orienteering map, they then check the answer by running to the control point for that question. **The 4th letter from the control marker is next to the correct answer.**
- They then run back to the starting point.
- They then decide on the answer for the next question and run to the control point to check their answer – and so on.
- Alternatively, children could answer all of the questions, then check each answer by visiting all the control points on the activity sheet.



## Other information

- There is an answer sheet that accompanies this activity.

