

# Healthy Lifestyles

## WORKBOOK

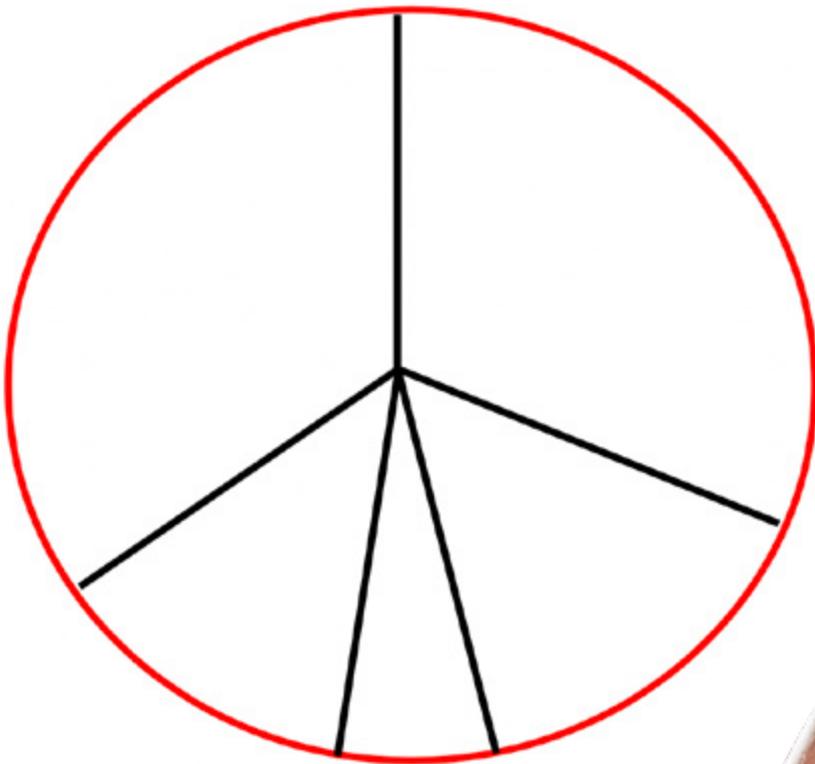
NAME



TRETHOWANS



# LEWIS COOK'S EATWELL PLATE

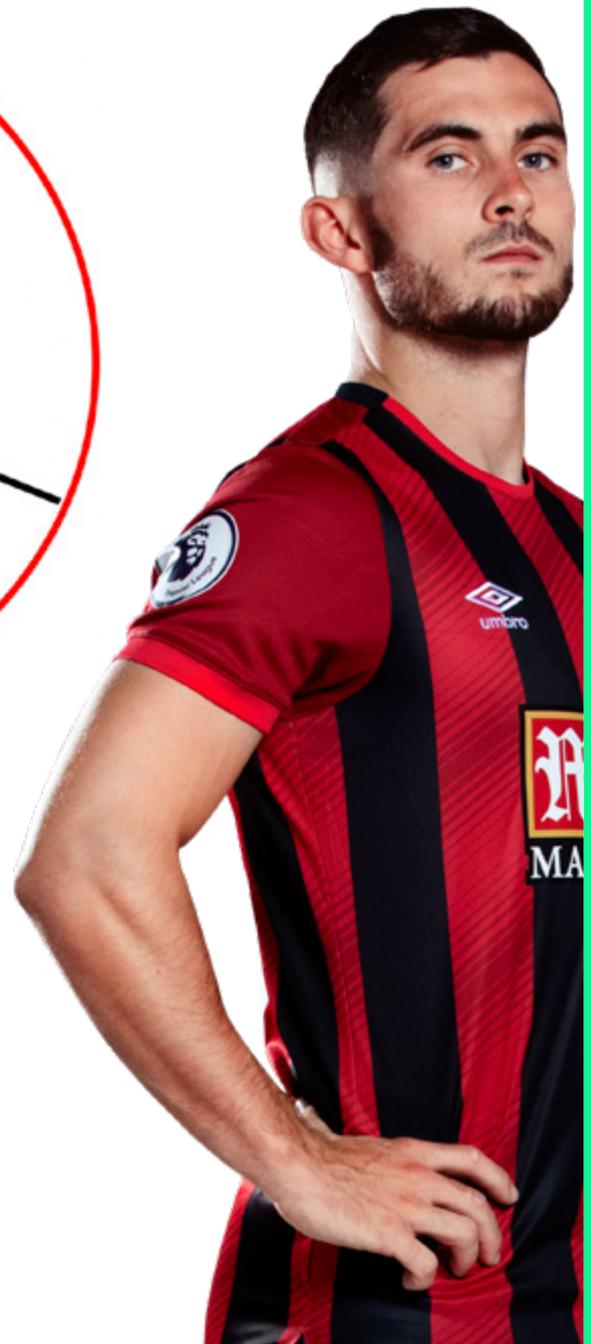


## FOOD GROUPS

- 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?



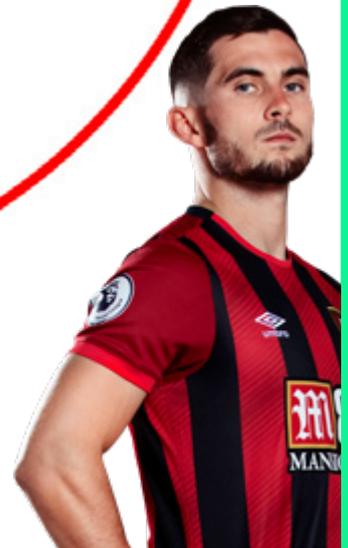
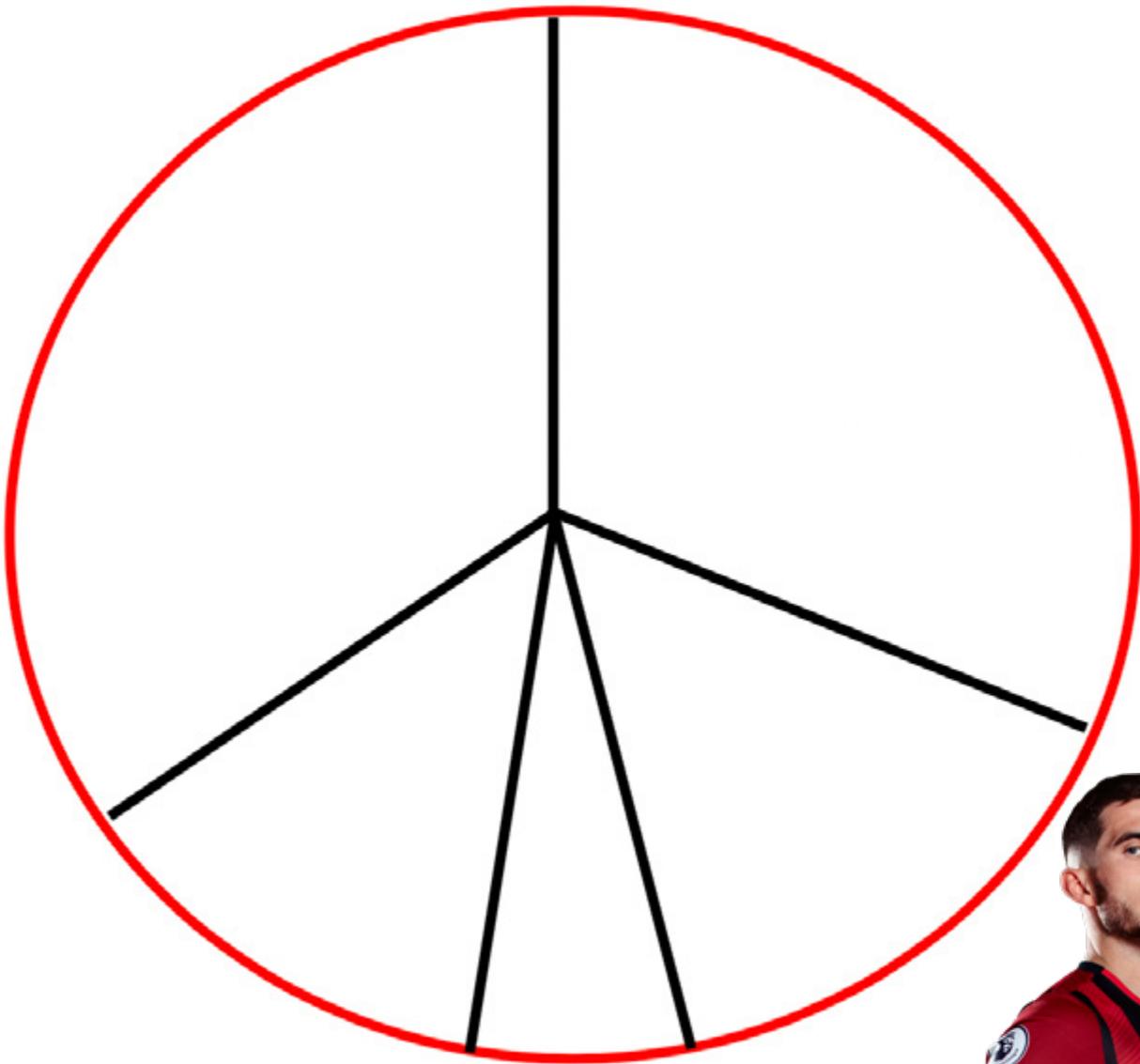
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# LEWIS COOK'S EATWELL PLATE



**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

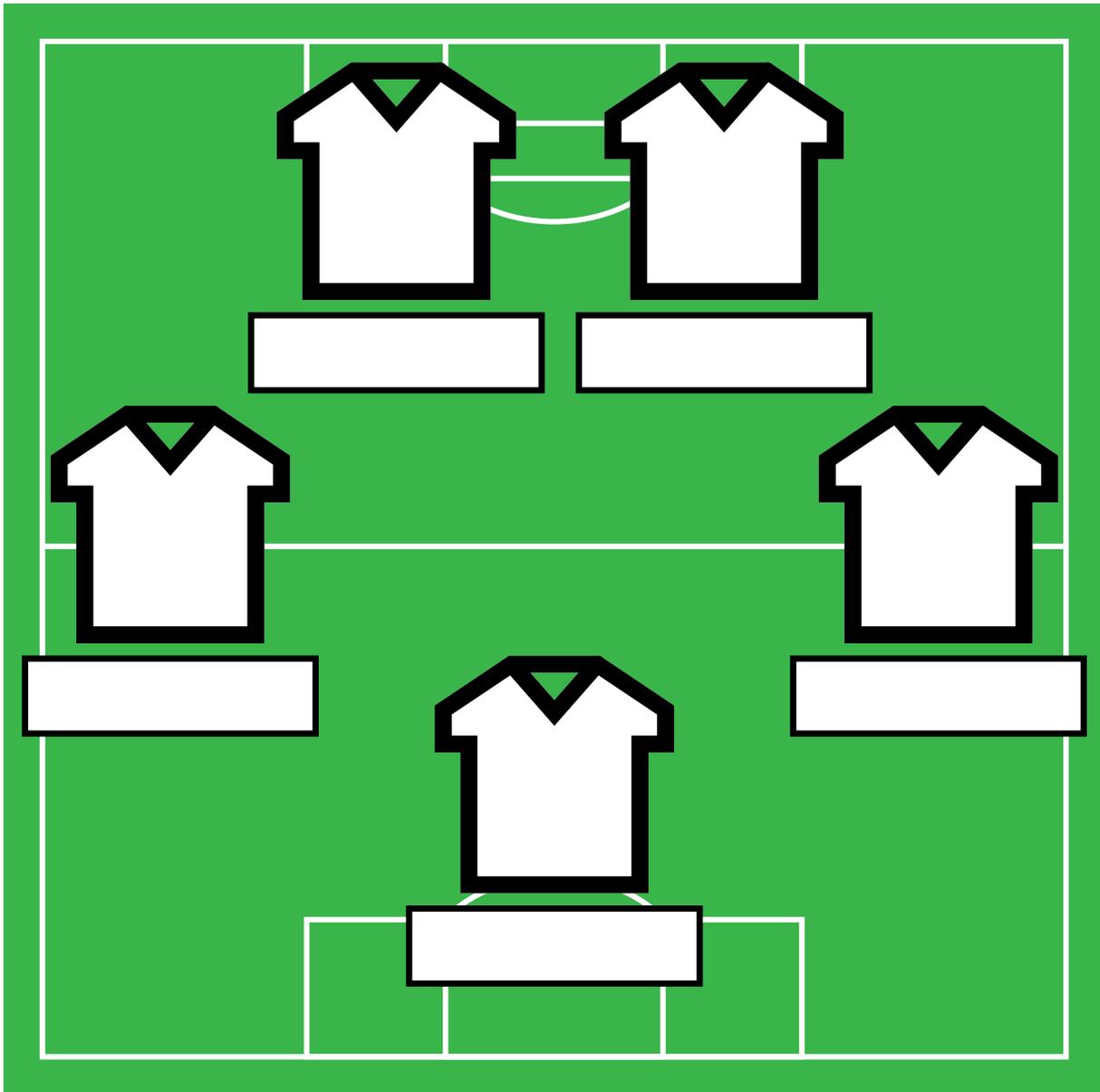
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# HEALTHY WORD SEARCH

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



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