



Activity Book – the answers!

Food Station

Section 1 – Create your own meal that makes up a varied diet. It must contain some **protein**, some **carbohydrate**, and at least two foods that contain **vitamins**.

Protein – Fish, red meat, chicken

Carbohydrate – Pasta, rice, beans, potatoes

Vitamins – any of the veg! Carrots, broccoli, peppers, lettuce (not potatoes though)

Fill in the blanks:

*I need to eat a **varied** diet to give me **energy** to be active, to help me **grow** big and strong, and to keep me fit and **healthy**. I should try not to eat too much **sugar** and **fat** because this can cause me to become **ill** when I am older.*

Discussion Point: *What is a varied diet? Do you think you have a varied diet? What could you add or take away from your diet (what you normally eat) to make it more healthy?*

Section 2 – Your portions.

How many fruit and vegetables should you have a day? – **5 or more**

Which of these counts towards one portion of fruit or veg? ~~Potato~~ OR **Sweet potato**

One portion of food is about the same size as your fist – T/F **True**

A fruit smoothie can provide up to 2 portions of fruit or veg? – T/F **True**

Section 3 – Hidden sugar

True or false...

Sugar is found in most foods, including vegetables and fruit, not just in sweets, fizzy drinks and sugary cereal. **True**

The sugar in fresh, unprocessed food (apples and potatoes) is natural, and these foods have nutrients in them which are good for our health. **True**

The sugar in processed food (like sugary cereal and ketchup) is usually added and they have little benefit to your health. **True**

Can you remember how many cubes a day are recommended? – **13.25 cubes**

Activity Station

Section 1 – What is your heart rate?

What does heart rate (HR) mean?

- ***Your heart rate is how fast your heart is beating. You measure your HR by counting how many times your heart beats in one minute.***

What happens to your heart rate when you exercise?

- ***It increases***

How does your body feel when you do vigorous exercise?

- ***Everybody will feel differently, but usually people feel out of breath, a little hot and sweaty, with rosy cheeks.***

Discussion point: *Thinking about how you feel when you do vigorous exercise, what activities do you like to do that make you feel this way? How many can you think of?*

Section 2 – Plot your own heart rate

Everyone's heart rates will be different. By looking at how your own heart rate changes when you do different activities you can see how hard you are making your body work!

Section 3 – Guess who?

Match the HR graph with the athlete.

Graph 1 – The x-axis is marked in minutes and goes all the way up to 300 minutes. The y-axis displays HR in beats per minute and the athlete's HR appears to reach 120-140 quickly and then stay there. Perhaps an endurance athlete? **Mo Farah.**

Graph 2 – the x-axis is marked in laps. The HR of this athlete takes a long time to increase, and then it has periods where it sometimes drops slightly. Who does laps? **Guy Martin.**

Graph 3 – the x-axis is marked in seconds. The HR goes up very steeply and then stays up until the end of 10 seconds. Sprinter? **Usain Bolt.**

Bodies Station

Section 1 – Keeping the balance right

To stay healthy we need to make sure the amount of energy we take into our bodies (food and drink) is the same as the amount of energy that we use (doing different activities).

The aim of this task is to keep the scales below balanced. Do this by adding up the different energy values (kj) for each food so that they match the energy value of each activity. Make sure 'energy in' is the same as 'energy out'

Teachers note: A Kilojoule (kj) is a unit used to measure the energy content of different foods, and also the energy used up when we move about. The difference between kj and calories is like the difference between km and miles. Kj are the metric equivalent of calories; 1kj = 0.2 calories.

Energy out: 45 mins swimming (burns 720kj)

Energy in: **small fillet of fish (700kj) + 2 asparagus spears (20kj) = 720kj**

Energy out: 1 hour of sleeping (170kj)

Energy in: **10g of cheese (170kj)**

Or... ½ an apple (100kj) + 4 cherry tomatoes (70kj) = 170kj

Or... 25g rice (150kj) + 2 asparagus spears (20kj) = 170kj

Energy out: 40 mins walking (300kj)

Energy in: **1 small glass of milk (200kj) + ½ an apple (100kj) = 300kj**

Or... 25g rice (150kj) + 25g rice (150kj) = 300kj

Section 2 – Looking after your mind

Being active and eating healthily not only benefits you physically, but it also improves your mental health. Below are some facts about keeping your mind healthy, can you find all the words in bold in the word search? (They can be vertical, horizontal or diagonal)

1. Being active can improve your **CONFIDENCE** and reduce **STRESS**
2. **TEN MINUTES** of brisk walking can help you stay **ALERT** throughout the day
3. Eating **OILY FISH** (salmon, tuna or mackerel) can improve your **ATTENTION** span
4. **MEMORY** not so good? Try eating more **VITAMIN B5**
5. Having trouble **SLEEPING**? Try eating a **BANANA** with some **YOGURT** after dinner (these contain magnesium).
6. **RUNNING** around in the playground for 30 minutes can help you **CONCENTRATE** in class.

See next page for the word search answers...

C	O	N	C	E	N	T	R	A	T	E	E	L	A	A
O	T	D	H	L	L	E	L	B	F	V	H	T	N	Y
N	Z	E	Z	S	Z	L	J	T	I	I	T	A	V	O
F	M	M	N	X	I	A	P	F	Z	E	N	H	Y	G
I	M	E	U	M	L	F	B	S	N	A	I	K	T	U
D	W	D	M	E	I	N	Y	T	B	M	L	G	M	R
E	L	K	R	O	I	N	I	L	J	Q	I	N	A	T
N	Y	T	R	M	R	O	U	Z	I	U	T	I	N	E
C	M	A	A	X	N	Y	V	T	N	O	L	N	H	V
E	C	T	E	G	N	I	P	E	E	L	S	N	U	I
W	I	E	F	C	S	T	R	E	S	S	S	U	O	S
V	B	V	M	I	G	C	C	C	R	Z	D	R	J	R
I	D	L	M	B	B	T	U	P	B	A	M	H	T	R
H	V	S	N	V	Z	Z	Q	C	U	E	K	V	Q	S
A	P	V	D	C	P	J	X	N	F	C	K	Q	M	Q