



GET STUCK IN

ACTIVITY SHEET

HEALTHY A-Z

Complete your healthy A-Z by writing or drawing a healthy food, sport, action or active game for each letter. How many letters can you complete?

A		H	
B		I	
C		J	
D		K	
E		L	
F		M	
G		N	



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O		U	
P		V	
Q		W	
R		X	
S		Y	
T		Z	

Hint, how about...

A for apricot or aerobics

Z for zooming around the park?

Once you've finished your A-Z, how about trying out your ideas?

Taste the foods, find out more about the sports and play the games. How many can you try?

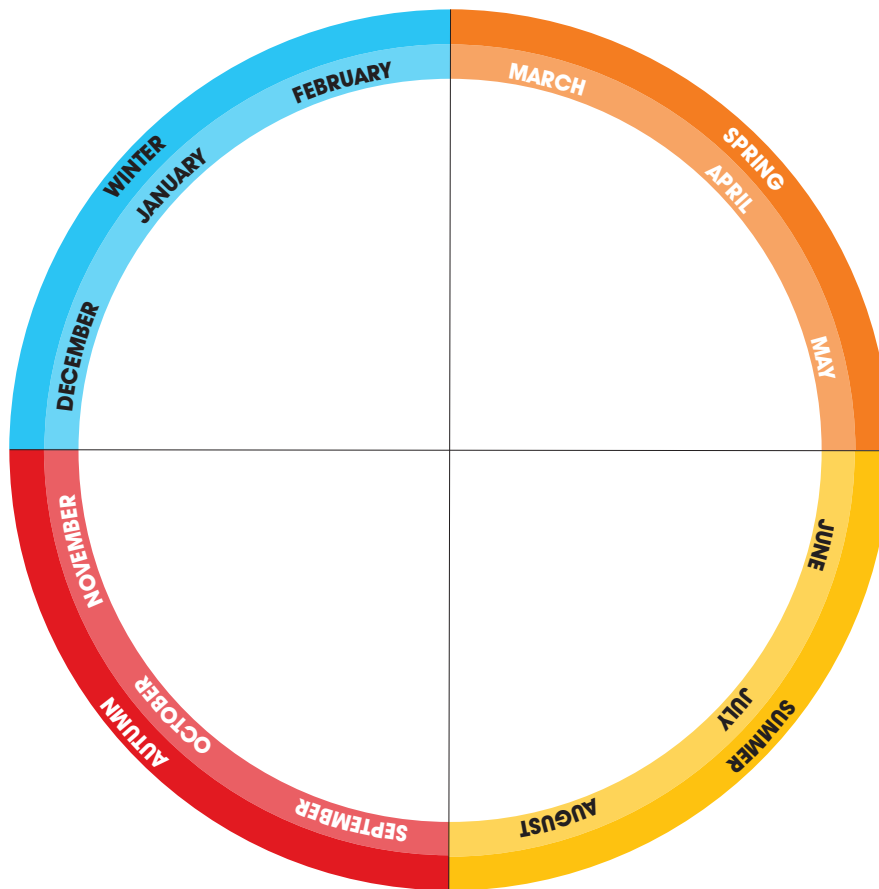


ACTIVITY SHEET

SEASONALITY WHEEL

Fruit and vegetables taste best when they are eaten in season.

Match the foods below to the season or seasons (spring, summer, autumn, winter) in which they are at their best in the UK. Draw or write the fruit or vegetable in the correct section(s) of the wheel.



Carrots



Asparagus



Lettuce



Cauliflower



Cherries



Raspberries



Brussels sprouts



Cabbage



Strawberries



Rhubarb



Courgette



Red cabbage



Challenge: Do your own research. What other fruits and vegetables are in season at different times of the year? Write or draw the fruits and vegetables you discover in the correct section(s) of your seasonality wheel.



ACTIVITY SHEET

TEAM GB TRAINING BINGO

Get active with a game of Team GB training bingo!

How to play

1. Choose one player to be the caller and give the other players a bingo card each.
2. Caller rolls a pair of dice and completes the action that the dice lands on (e.g. 3 = three star jumps).
3. Players see if they have that action on their bingo card. If they do, they must copy the action, then tick off that square.
4. The first player to complete all their actions wins!

Team GB training bingo actions

2 = Pretend you're throwing a javelin

3 = Three star jumps

4 = Four squats

5 = Stretch as tall as possible

6 = Pretend you're swimming

7 = Jog on the spot

8 = Pretend you're playing tennis

9 = Four lunges

10 = Pretend you're boxing

11 = Stand on one leg

12 = Jump in a circle

Alternative game



Randomise a game of Simon Says.

1. Caller rolls the dice to decide the action.
2. Caller announces 'Simon says... jog on the spot' or simply 'jog on the spot'.
3. Any player who completes the action when the caller doesn't say 'Simon says' is out!



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Cut out the bingo cards below to use in your game of Team GB training bingo.

Bingo card 1

Pretend you're boxing	Jog on the spot	Four squats
Stand on one leg	Pretend you're throwing a javelin	Pretend you're swimming

Bingo card 2

Jog on the spot	Four lunges	Three star jumps
Four squats	Pretend you're throwing a javelin	Stand on one leg

Bingo card 3

Pretend you're throwing a javelin	Jump in a circle	Pretend you're boxing
Stretch as tall as possible	Four squats	Stand on one leg

Bingo card 4

Stretch as tall as possible	Three star jumps	Pretend you're swimming
Pretend you're playing tennis	Four lunges	Jump in a circle



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ACTIVITY SHEET

TASTE TREASURE HUNT

1. Match the tastes and the foods below



LEMON

SWEET



SOY SAUCE

UMAMI



MUSHROOMS

SOUR



BRUSSELS SPROUTS

BITTER



BLUEBERRIES

SALTY

2. Now go on a taste treasure hunt! Take a look around your kitchen or a local supermarket. What other foods can you find with each of these tastes? Draw or write the foods in the table below.

TASTE	NAME OF FOODS
Sweet	
Sour	
Salty	
Bitter	
Umami	



ACTIVITY SHEET

TASTE TREASURE HUNT

1. Match the five basic tastes and the foods below



LEMON

SWEET



SOY SAUCE

UMAMI



MUSHROOMS

SOUR



BRUSSELS SPROUTS

BITTER



BLUEBERRIES

SALTY

2. Now go on a taste treasure hunt! Take a look around your kitchen or a local supermarket. What other foods can you find with each of these tastes? Draw or write the foods in the table below.

TASTE	NAME OF FOODS
Sweet	
Sour	
Salty	
Bitter	
Umami	

3. Write a short description of the most interesting or unusual food you found. What does it look like, smell like, taste like? How is it stored? What dishes can it make?
