

Early stage 1

Outcomes:

PHES1.12 Displays basic positive health practices.

DMES1.2 Identifies some options available when making simple health choices

Celebrity foods

Select pictures of foods and place them in a box.

Choose three students to be in.

Ask students to pick out a food from the box (without looking) and give to the teacher.

The teacher then sticks the pictures on the board above the students' heads.

The students then take turns to ask the rest of the class questions that need a yes or no answer.

The first to guess the correct food is the winner.

Types of question could include:

- Am I a fruit/vegetable/type of meat?
- Am I an everyday food or a sometimes food?
- Am I red/green/orange/brown?
- Is this food a fruit/cereal/dairy product?
- Am I eaten hot/cold/frozen?
- Am I crunchy/soft/hard?

At the end of the activity, summarise the details that enabled the students to guess the foods e.g. taste, smell, colour, shape, size.



Adapted from the Crunch&Sip® school resource pack