

Activity SHEET

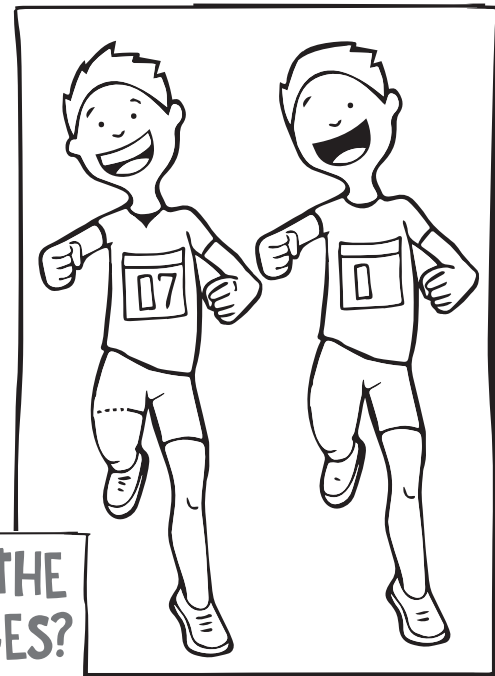
FIND THE ENERGY FOODS!

Can you find 14 ENERGY FOODS that are hidden in this puzzle?

- FRUIT
- VEGETABLES
- POTATOES
- BREAD
- RICE
- PASTA
- MILK
- DAIRY FOOD
- BEANS
- PULSES
- FISH
- EGGS
- MEAT
- QUORN

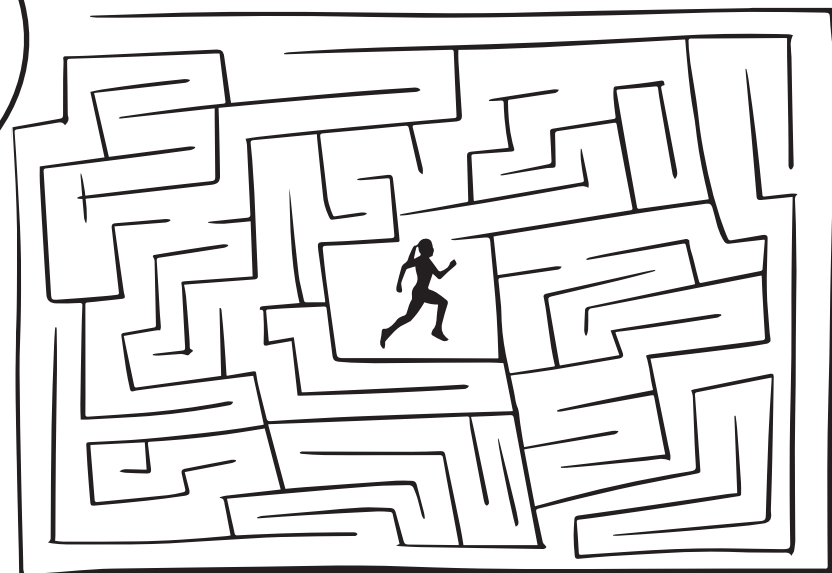
T	I	U	R	F	F	I	S	H	P	D
D	P	O	T	A	T	O	E	S	A	S
A	J	W	A	L	K	N	D	E	S	E
I	O	U	B	A	R	O	R	C	T	L
R	G	M	E	A	T	B	Y	I	A	B
Y	G	E	A	D	S	S	L	R	H	A
F	I	G	N	E	P	M	E	S	T	T
O	N	S	S	U	I	I	A	U	N	E
O	G	L	T	E	R	L	P	Y	L	G
D	U	I	I	R	I	K	S	G	G	E
P	S	U	N	Q	U	O	R	N	A	V

COLOUR ME IN!



Can you SPOT THE 10 DIFFERENCES?

HELP THE SPRINTER!
 Can you help the sprinter find a way out of the maze?



DID YOU KNOW ... The 4 main food groups are:

If you want to feel full of energy, you need to eat a **HEALTHY, BALANCED DIET** of foods from 4 **MAIN FOOD GROUPS** of the 'eat well' plate (ignoring fats).

1. **FRUIT** and **VEGETABLES**
2. **POTATOES, BREAD, RICE, PASTA** and other **STARCHY FOODS**
3. **MILK** and **DAIRY FOODS**
4. **BEANS, PULSES, FISH, EGGS, MEAT** plus other non-dairy **PROTEIN**

FOR MORE INFO GO TO www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx