

## ACTIVITY 1: HEALTHY FOOD (ALL LEVELS) WORKSHEET 1A

Unscramble the words below so that they match the pictures on the following page. Write the word corresponding to each picture. The words are scrambled, so you need to put the letters in order.

1. ROCBOICL

						19			
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2. CEESHE

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3. BAANANS

			3				
--	--	--	---	--	--	--	--

4. LEWRAIFOCLU

		13								1			
--	--	----	--	--	--	--	--	--	--	---	--	--	--

5. GAERPS

	9					
--	---	--	--	--	--	--

6. KESTA

	16			
--	----	--	--	--

7. PAINEPLEP

										17
--	--	--	--	--	--	--	--	--	--	----

8. MUMHORSOS

	8					7				
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9. TYHGOUR

6									4
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10. HECNIKC

	2						
--	---	--	--	--	--	--	--

11. SAPAT

		5			
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12. GEERN SEBAN

	14								
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13. ECIR

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14. RNGAOE

	12						
--	----	--	--	--	--	--	--

15. HIFS

	18			
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16. SOOPAETT

	20								
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17. ACRELE

					11	
--	--	--	--	--	----	--

18. REDFIGSGE

	10								
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19. BERAD

					21
--	--	--	--	--	----

20. KMLI

	15			
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Now copy the letters in the numbered cells above to the cells with the same number. Can you read the secret message?

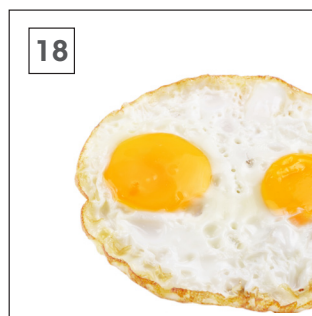
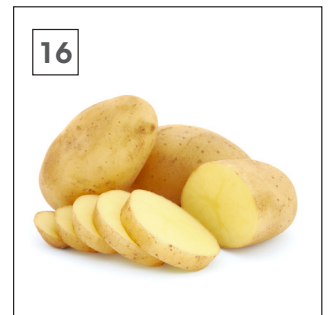
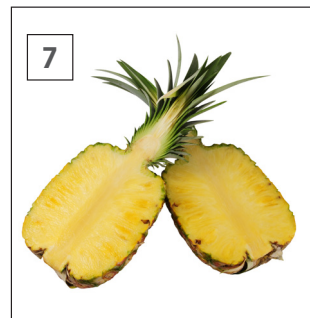
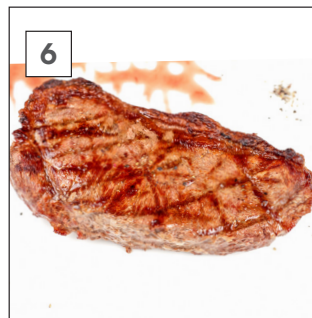
					'
1	2	3	4	5	

6	7	8	9

		V							
10	11	12	13	14	15	16	17		

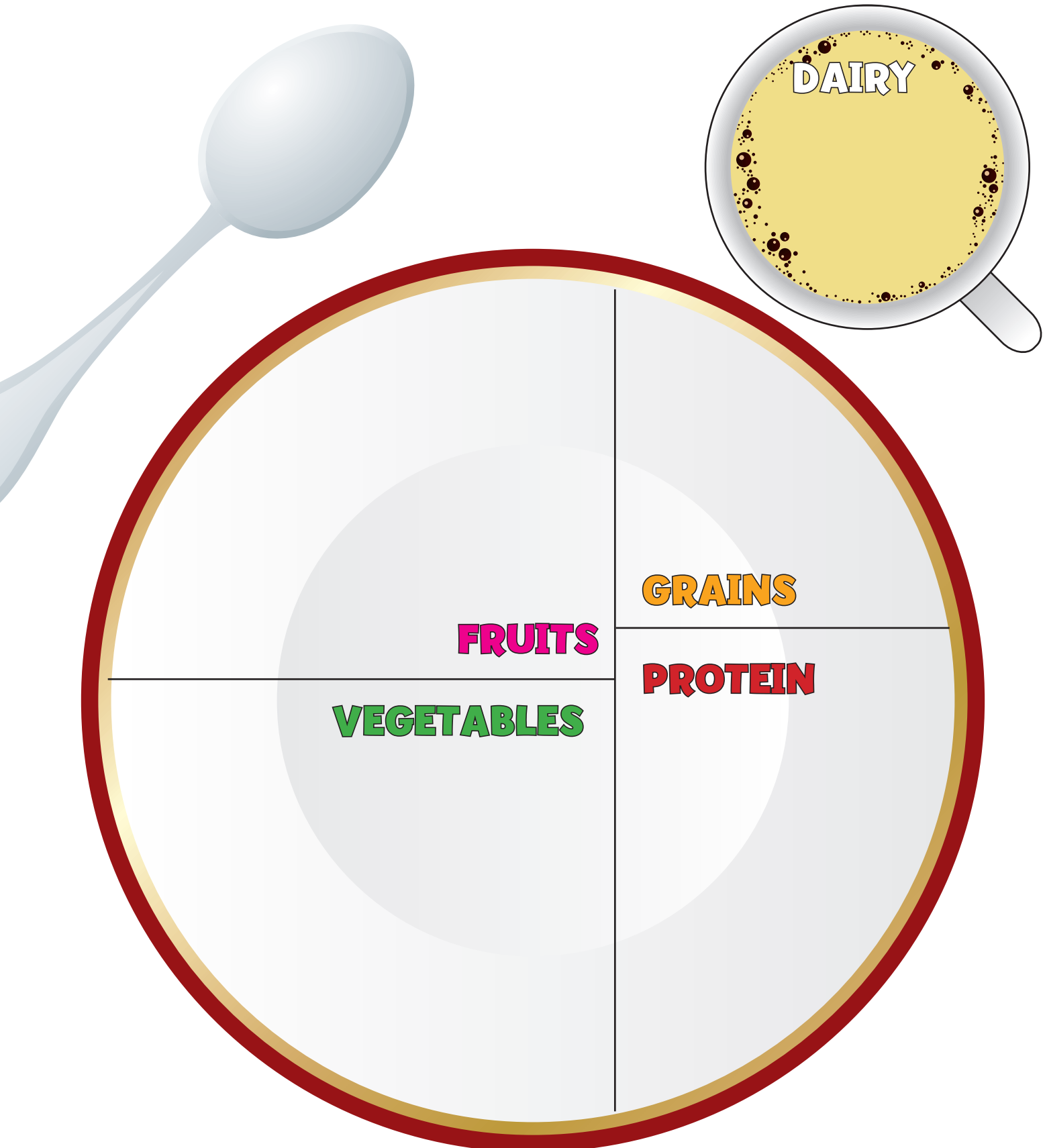
				?
18	19	20	21	

## ACTIVITY 1: HEALTHY FOOD (ALL LEVELS) WORKSHEET 1B



## ACTIVITY 2: FOOD GROUPS (ALL LEVELS) WORKSHEET 2

Now classify the words from worksheet 1A in one of the five food groups.



## ACTIVITY 3: MY PICNIC BASKET (LEVELS 1-4)

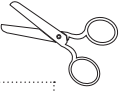
### WORKSHEET 3A: MY PICNIC BASKET TEMPLATE

Now you are going to fill your picnic basket with all the food items you are going to take on a picnic with your family.



## ACTIVITY 3: MY PICNIC BASKET (LEVELS 1-4)

### WORKSHEET 3B: FOOD ITEMS CUT-OUT PICTURES



## ACTIVITY 4: MY HEALTHY RESTAURANT (LEVELS 5-6)

### WORKSHEET 4: MY HEALTHY RESTAURANT MENU

You are going to design a menu for your own restaurant. You need to think of a name for the restaurant and a set of dishes that you will offer. Try to include food from the 5 groups and to keep your menu healthy!



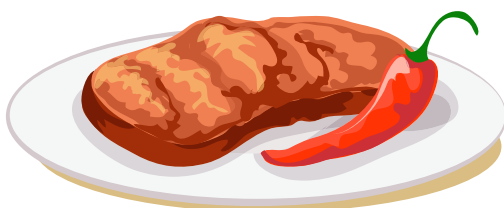
## STARTERS



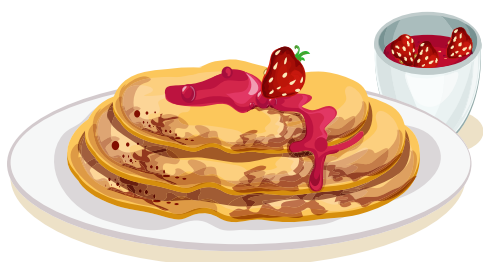
Green salad ..... 5,50€

## MAIN COURSES

Steak with boiled potatoes ..... 9,50€



## DESSERTS



Cheese cake ..... 3,50€