

Card Swap

Use the enlarged Occasional and Everyday Food cards below to simultaneously teach children about healthy eating habits and the fundamental movement skills.

YOU WILL NEED

The cards below enlarged and printed onto cardboard.

ACTIVITY

- 1 Place the red and green 'Occasional' and 'Everyday' cards either on the ground or stuck to a wall at least 5 metres apart.
- 2 As students are shown the cards they must choose whether this is something they would eat everyday or occasionally.
- 3 Students must then demonstrate their response by using the given fundamental movement skills such as hopping, skipping or jumping to their chosen card - Occasional and Everyday.

Uses physical activity to demonstrate their understanding of healthy eating habits.



© LearnFromPlay | LearnFromPlay.com



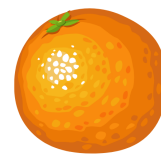
Apple



Chips



Sweets



Orange

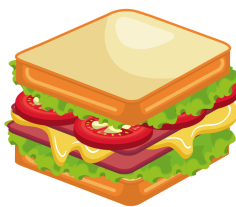
EVERYDAY



Ice Cream



Chocolate



Sandwich



Carrot

OCCASIONAL