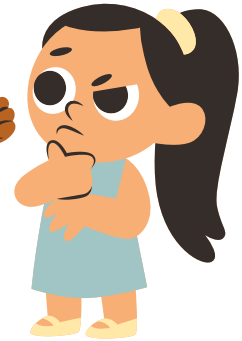




Learn with
caterlink
feeding the imagination

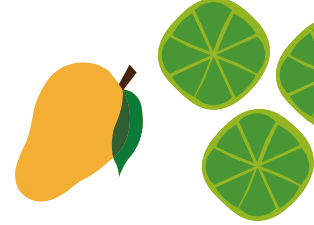


Let's Explore Food - Pupil Activity Book

Name

Classroom / Year Group

School



Let's Get To Know You!

Favorite Things

Think about each type of food - what is your favorite of each.

Fruit

Vegetable

Drink

Snack

Yum!



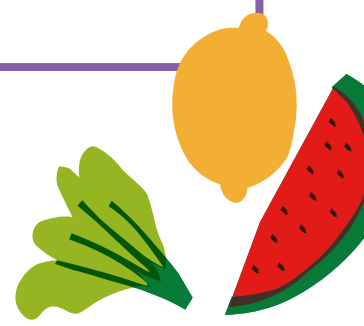
Best Meals In The World

Name your most favorite foods to eat at each meal time!
These can be anything you want - you are in charge. Be creative!

Breakfast

Lunch

Dinner

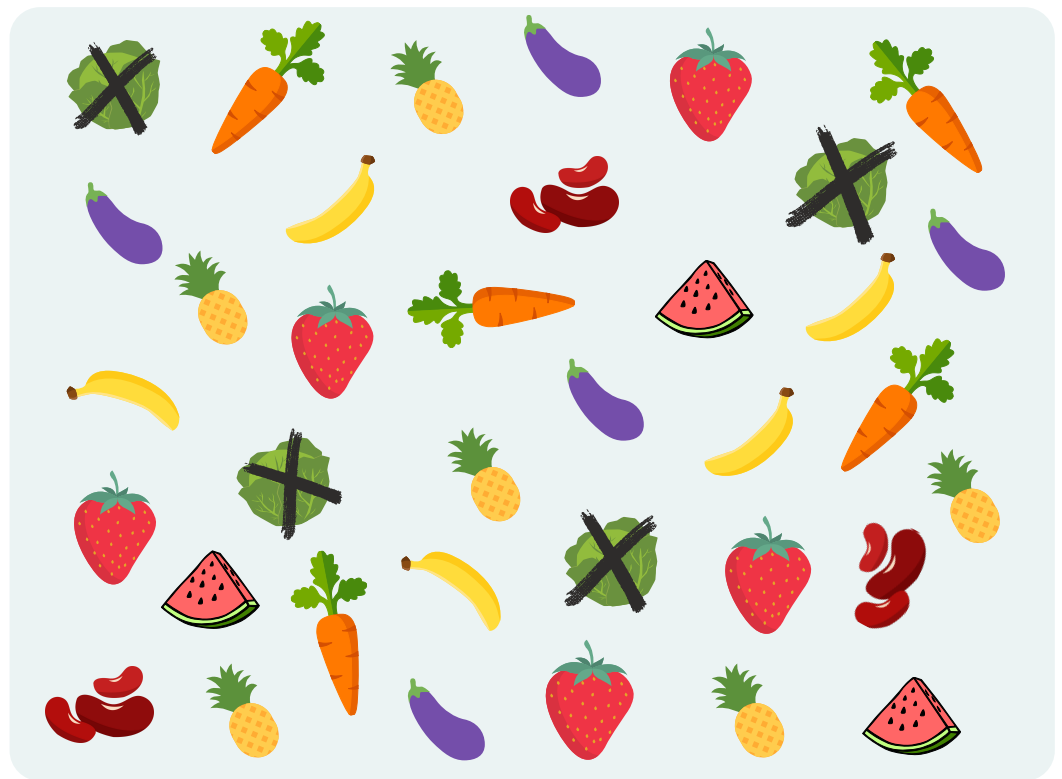


I spy with my little eye...



How many of each fruit & vegetable can you find?

I love this
game!



Now you've found us, can you
spell some of our names?

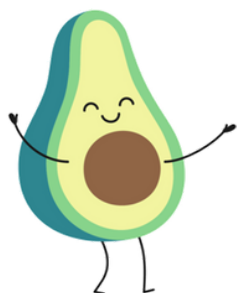
Mystery fruit!

Can you finish our names...



P _ _ _ _ p _ _ e

_ _ r _ w _ _ _ r _



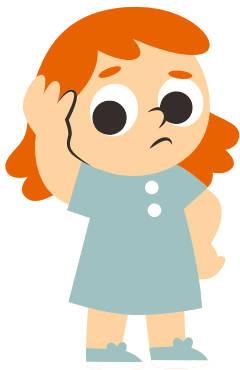
_ _ v _ _ c _ _ o

_ _ n _ n _



w _ _ e _ m _ _ _ _

Now you've named us,
can you match us with our facts...?



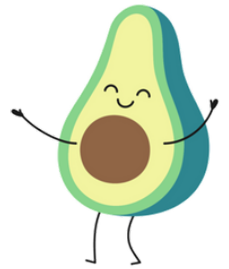
Who's who?

Draw an arrow to match
us to our facts!



**I'm made from over 85% water -
which means I'm great for
keeping you hydrated!**

**To grow another one of me, you
can cut my top off and plant me
in soil!**



**I'm full of vitamin B6 which
helps keep your brain and
immune system healthy.**

**My red colour tells you I am full
of vitamin C. Vitamin C protects
your cells and keeps them
healthy!**



**I'm a green fruit full of healthy
fats which makes me very
creamy.**

Turn over to solve the mystery of who's who...

Did you solve the mystery?



**I contain
lots of
vitamin B6!**

Yay!



**I'm full of
healthy
fats!**



**I'm full
of
vitamin C!**



**You can plant
my top!**



**I'm made
from over
85% water!**



Food Favourites



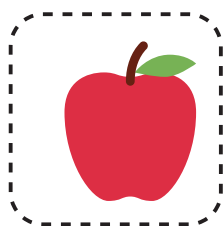
Think about all the different types of foods you eat.

Can you fill in the blanks with the names and drawings of your favorite food or meals?

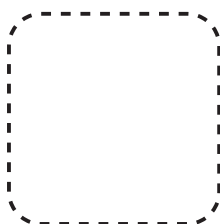
Maybe think about your school lunches to help!



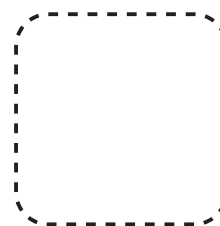
A pple Crumble



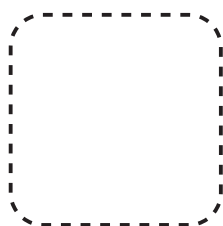
B _____



C _____



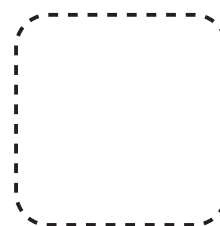
D _____



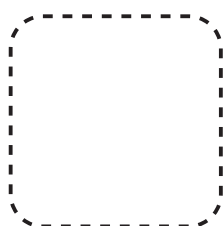
E _____



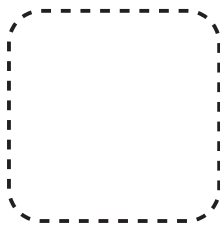
F _____



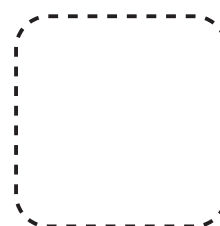
G _____



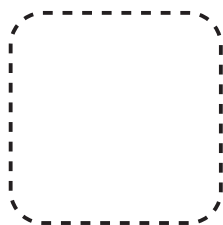
H _____



I _____



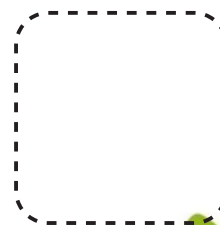
J _____



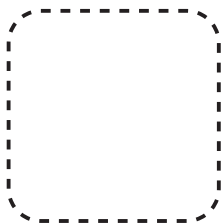
K idney Beans



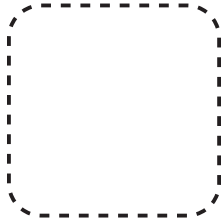
L _____



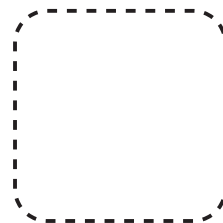
M _____



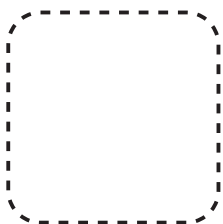
N _____



P _____

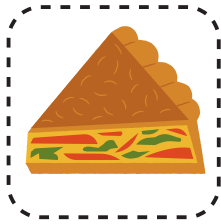


P _____

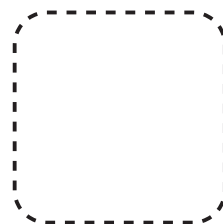


Q

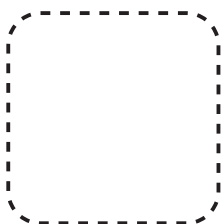
uiche _____



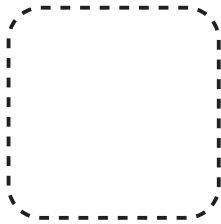
R _____



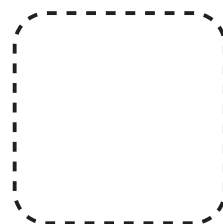
S _____



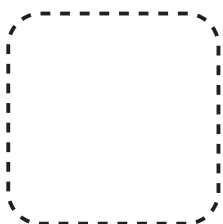
T _____



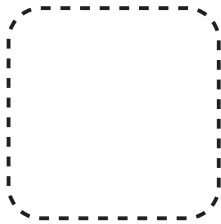
U _____



V _____



W _____



X

oi _____



Sticky
Vietnamese
rice

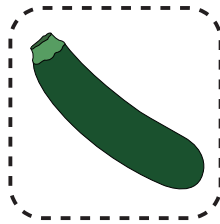
Y

oghurt _____



Z

ucchini _____



Another name
for courgette

Vegetable Patch Detectives



Can you find the hidden fruits and vegetables?

S	A	B	E	E	T	R	O	O	T	R	U	N	R
P	A	P	S	T	U	O	R	P	S	O	E	T	P
L	E	R	P	L	O	B	N	R	O	N	L	O	R
E	C	A	L	A	S	A	O	G	N	I	P	M	M
C	A	L	C	R	W	N	M	P	A	O	P	A	E
N	U	L	A	H	E	A	E	E	A	N	A	T	L
C	L	O	N	U	E	N	L	E	B	N	E	O	O
C	I	C	R	B	T	A	H	N	R	O	C	P	N
A	F	B	A	A	C	A	E	B	O	A	N	E	G
B	L	T	E	R	O	S	P	E	C	P	A	B	O
B	O	O	U	B	R	G	O	A	C	E	A	P	P
A	W	A	S	A	N	O	P	N	O	A	E	P	E
G	E	I	B	N	F	L	T	S	L	S	R	N	A
E	R	S	R	E	P	P	E	P	I	E	A	C	R

~~Orange~~ Banana Peach Tomato Apple
 Broccoli Cabbage Onion Carrot Green Beans
 Beetroot Sprouts Pear Cauliflower Sweetcorn
 Melon Peas Lemon Peppers Rhubarb

Colour me in & bring me to life!



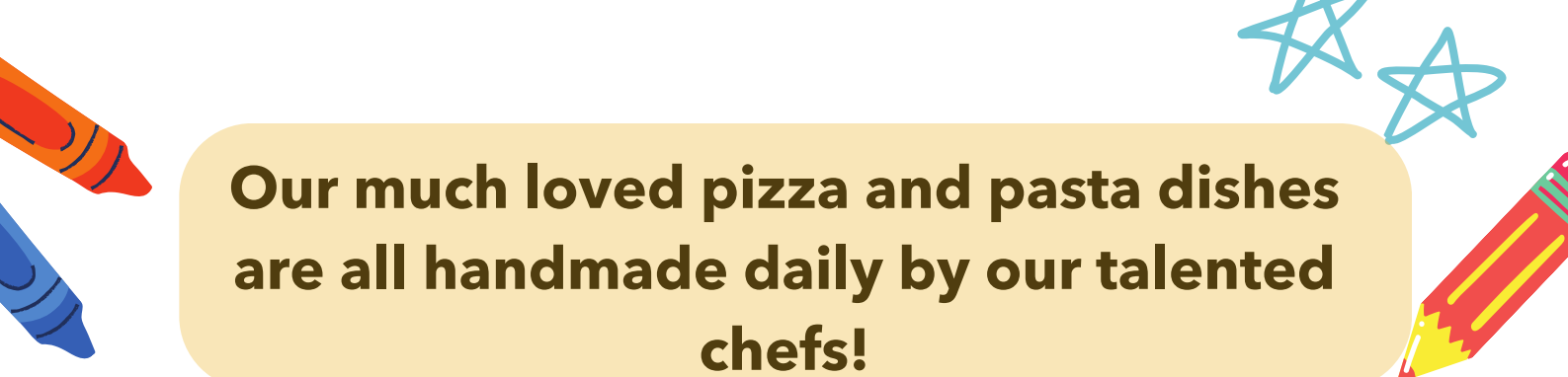
**We provide
freshly baked
bread
everyday with
our school
meals**



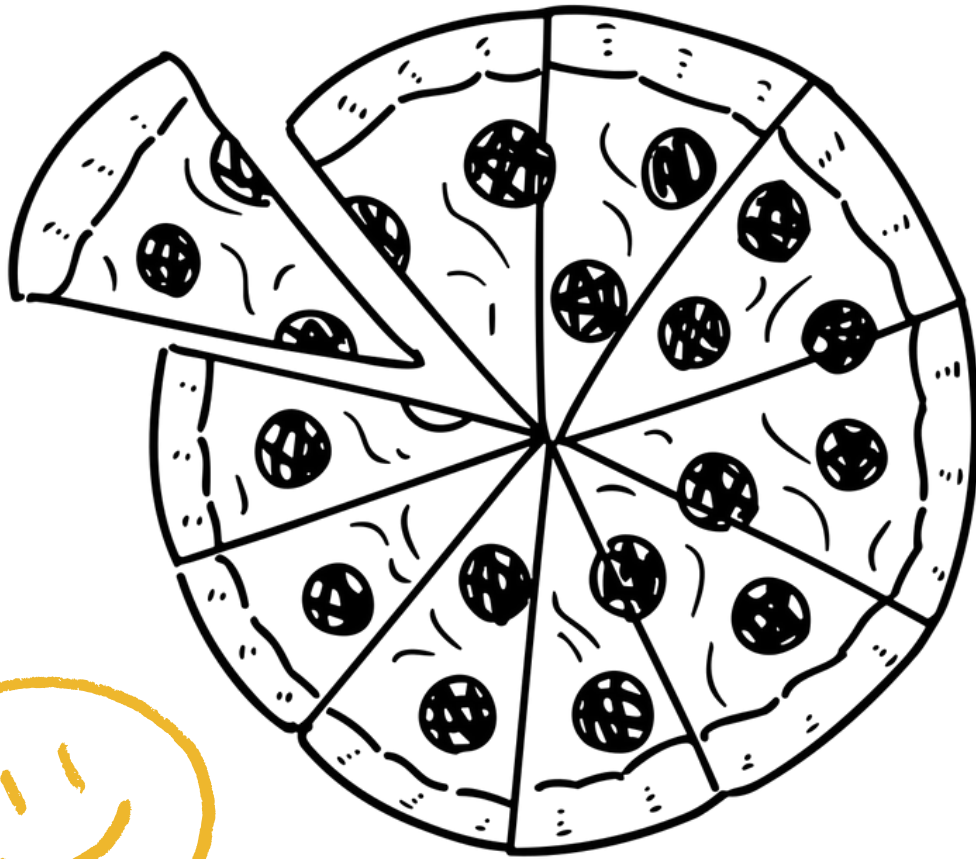
**Our desserts are
homemade, reduced in
sugar, and many are
made using 50% fruit!**



**All our school meals
provide at least 2
portions of vegetables
a day!**



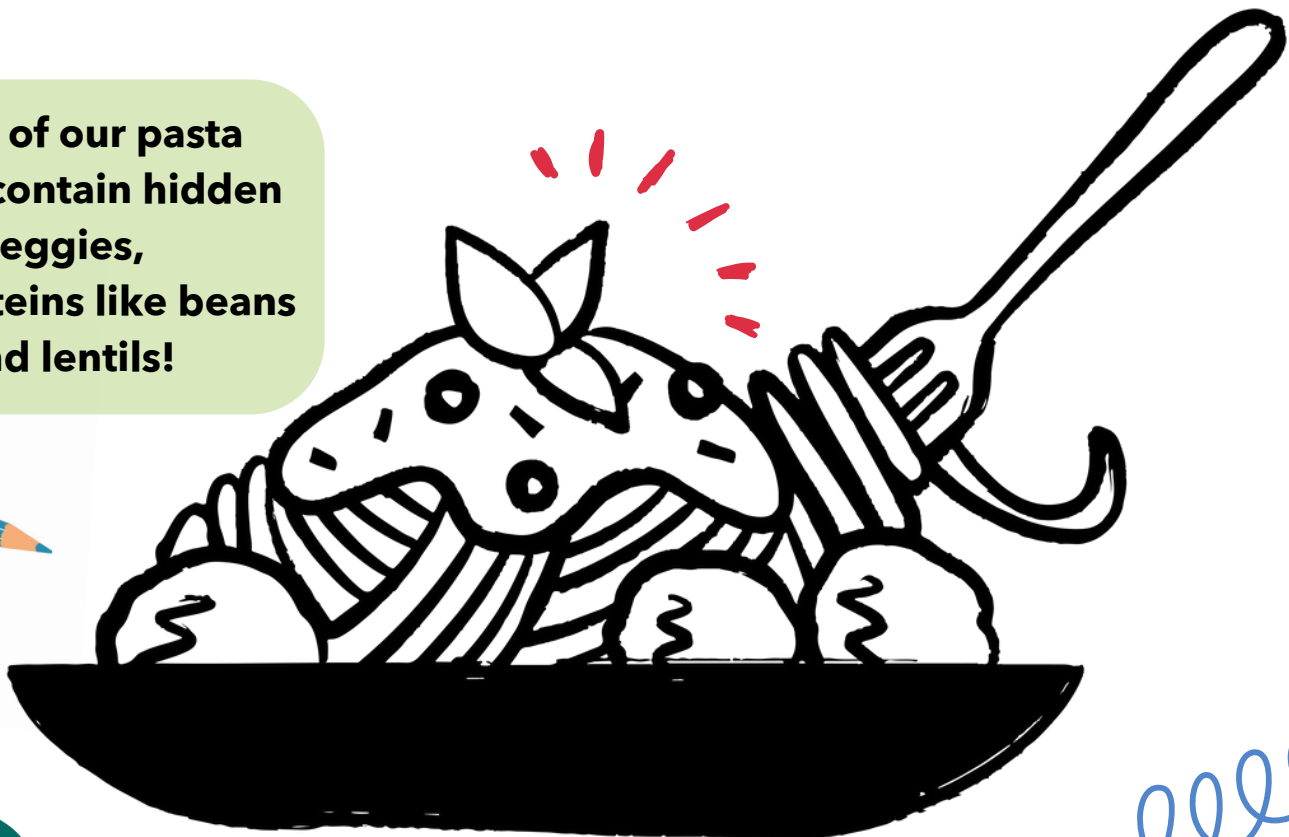
**Our much loved pizza and pasta dishes
are all handmade daily by our talented
chefs!**



**Our pizza base is
made using
50/50
wholegrain flour
for added fibre!**



**Many of our pasta
dishes contain hidden
veggies,
and proteins like beans
and lentils!**



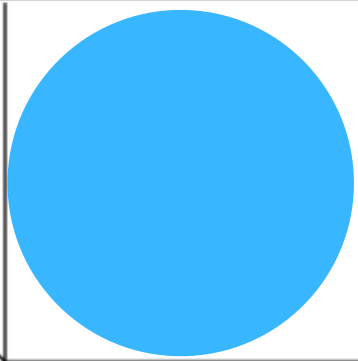
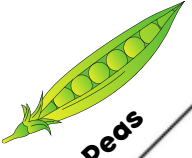
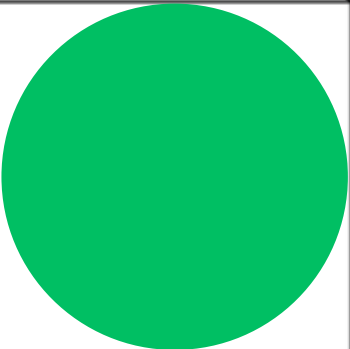


Food Fortune

Will you be given a challenge or will you
be told a secret food fact!

Play to find out...



	 Peach	Challenge! Try a new fruit or vegetable today - what did you think?	 Watermelon	
 Peas	Did you know...? Peas and beans are a vegetable AND they are full of <u>protein</u> !		Top Tip! Keep a bottle of water with you at school to stay hydrated and sip throughout the day	 Apple
 Carrot	Fun Fact! Tomatoes contain a substance called lycopene (LIE-CO-PEEN) that helps protect our skin from harmful UV rays - pretty cool!	Challenge! Name the green coloured foods you have eaten today. ready? 3...2...1...GO!	 Broccoli	Did you know...? Broccoli is in the same family as cauliflower, kale and even Brussels Sprouts!
	 Pear		Challenge! Name as many red fruit or vegetables as you can, ready? 3...2...1...GO!	 Sweetcorn

How to play

Cut me out and fold me following the steps below!



1. Cut out the Food Fortune - you should have a square



2. With the blank side facing you, fold each corner as above



3. All four corners are folded



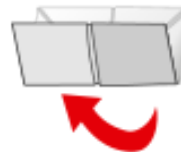
4. Flip the paper over



5. Fold the corners into the middle, as above



6. All four corners are folded again



7. Fold the square in half as above, horizontally and vertically



8. Push fingers under each corner - it's now ready to play!

1. Choose a colour - red, blue, green or yellow.
2. Open and close the fortune teller in alternating directions with each letter of the colour as you spell it out. e.g. RED contains three letters so you open and close three times.
3. Choose a food.
4. Open and close the fortune teller with each letter of the food as you spell it out.
5. Choose another food and open the fortune teller to reveal what it wants you to know or what your challenge is!