

# Healthy Eating!



The activities in this Programme link to the Squirrel Smile Awards.

An introductory activity can be used as the Squirrels arrive at the meeting place – colouring or simple puzzles can keep children occupied until all the Drey arrives or use a ‘joining-in’ style game, such as ‘The farmer wants a wife’ or ‘Duck, duck, goose’ or a circle format ball game. Add snack time where necessary!

TIME (mins)	ACTIVITY	EQUIPMENT
5	Welcome, Register, Opening Ceremony, Introduction to Programme	
10	<p>GAME: Squirrel Says...</p> <ul style="list-style-type: none"> <li>○ <i>Squirrels stand in a straight line across the hall facing a Leader – ensure there is space between each Squirrel so they don't bump each other</i></li> <li>○ <i>The Leader gives instructions to do different activities by saying, 'Squirrel says...touch your toes', 'Squirrel says...pat your head', and so on</i></li> <li>○ <i>Add activities which make the children bend and stretch – simple yoga moves are good! Add active and quiet actions too. Ask them to touch parts of their body which they might have to think about – elbow, ankle, shoulder blade, earlobe, forehead, etc.!!</i></li> <li>○ <i>Finish with a big stretch, and then sit cross legged on the floor – emphasis that we need to eat healthy, nourishing food to give us lots of energy!</i></li> </ul>	None
20	<p>GAME: Find the Fruit &amp; Veg</p> <ul style="list-style-type: none"> <li>○ <i>Divide the Drey into small groups, each with an adult</i></li> <li>○ <i>In turn the Squirrels try to guess the fruit by either feeling it whilst blindfolded or through the cloth bag</i></li> <li>○ <i>When all the fruits &amp; vegetables have been guessed, wipe them with a damp cloth (if they have been handled) and share amongst the Squirrels so everyone can taste them!</i></li> <li>○ <i>Add some softer fruits and vegetables for tasting, either fresh or tinned – blueberries, red or green grapes, raspberries, lychees, peas, sweetcorn, etc.</i></li> </ul>	<p>Firm fruits and veg. e.g. apple, orange, banana, mango, star fruit, carrot</p> <p>Blindfold or cloth bag per group</p> <p>Damp kitchen roll or cloth, wipes, plate or board, knife</p> <p>Fresh or tinned soft fruits/veg</p>
10	<p>ACTIVITY: Eatwell Plate</p> <p>Encourage the Squirrels to think about healthy and unhealthy foods. Foods they eat lots of for energy and to keep them healthy; foods they should eat some of to make them strong and some, high in fat and sugar, would be bad for them if they ate too much!</p> <p>Working in small groups or individually they create an ‘Eatwell Plate’ on a large paper plate or circle of card by tearing food pictures from supermarkets’ free publicity magazines. They can then divide their plate into sections coloured red, orange, green – see example – and stick on the appropriate pictures!</p>	<p>Large paper plates or circles of card</p> <p>Free publicity magazines from supermarkets – Tesco, Asda, M&amp;S</p> <p>Crayons, glue</p>



10	<p><b>GAME: Traffic Light Turnaround</b></p> <ul style="list-style-type: none"> <li>○ <i>Place pictures of foodstuffs from the different areas of the Eatwell Plate around the meeting place walls</i></li> <li>○ <i>When a Leader calls out 'red', the Squirrels must run to the foods they shouldn't eat too much of – sweets, cakes, crisps, buns</i></li> <li>○ <i>When a Leader calls out 'orange' they should run to the foods they need to eat some of to build strong bones and muscles – meat, fish, eggs, cheese, milk</i></li> <li>○ <i>When a Leader calls out 'green' they run to the foods they should eat lots of to give them energy and vitamins for a healthy brain, eyes and skin – fruit, vegetables, cereals</i></li> <li>○ <i>Finish the game with a small plastic cup-full of water for each Squirrel to remind them to drink plenty of fluids to keep their brain working well!!</i></li> </ul>	<p>Pictures of different foods from the Eatwell Plate Blutack Plastic cups, water Kitchen roll</p>
5	Closing, Home	

## The Eatwell Plate

