



GET STUCK IN TAKE-HOME ACTIVITIES



Take-home: challenge

Complete an A–Z of healthy eating and activity ideas!

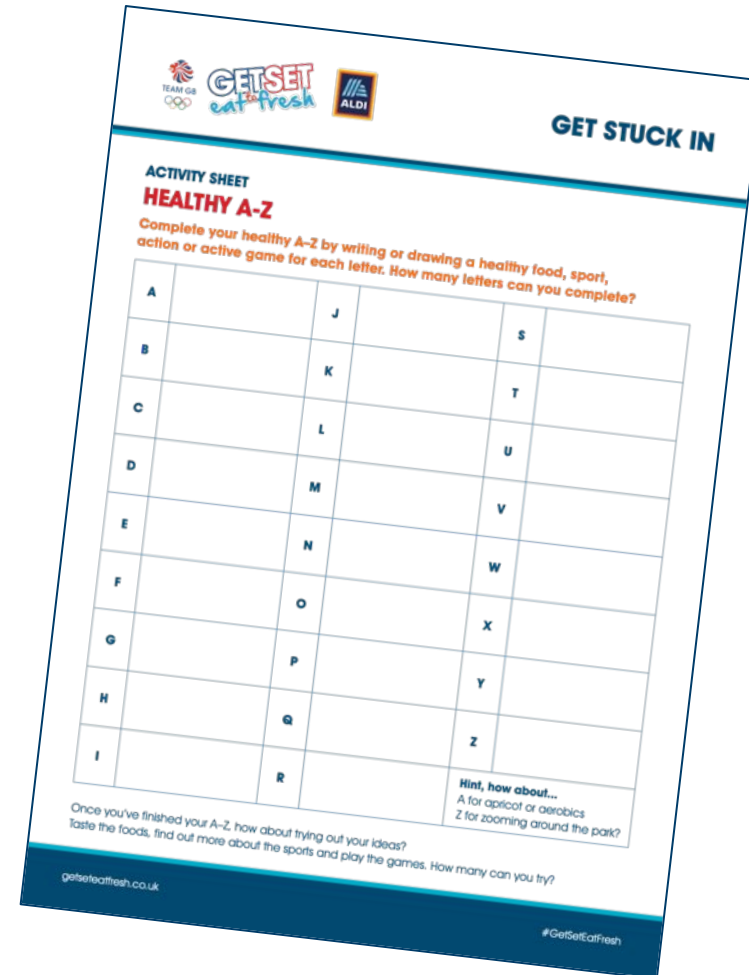
A is for...

Apple

Apricot

Acrobatics

Aerobics



ACTIVITY SHEET
HEALTHY A-Z

Complete your healthy A–Z by writing or drawing a healthy food, sport, action or active game for each letter. How many letters can you complete?

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

Hint, how about...
A for apricot or aerobics
Z for zooming around the park?

Once you've finished your A–Z, how about trying out your ideas?
Taste the foods, find out more about the sports and play the games. How many can you try?

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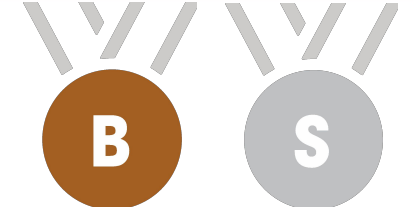
Take-home: challenge

The next Olympic Games will be held in Tokyo, Japan.

Can you try one of these Japanese-inspired recipes at home?



Take-home: cook



Quick bento

A bento or bento box is a Japanese lunch box. Although bento traditionally includes rice, meat or fish, and pickled vegetables, you can pack a bento with a variety of different foods and flavours from all over the world. Try the range of no-cook and simple ideas below, each inspired by a different Olympic Games host city, or experiment to create your own! Whatever you do, remember to balance taste (find a mix of flavours), texture (add some crunch!) and food groups (protein, vegetables/fruits and carbohydrates).

Rio 2016

Chicken (or black bean) and salad wrap
Tortilla chips
Orange slices
Tomato salsa

Athens 2008

Toasted pitta bread

Take-home: cook



Japanese okonomiyaki

Okonomiyaki is a Japanese pancake, packed with fillings and flavours. Try this vegetarian recipe!

Ingredients

For the pancake

- 100g plain flour
- ½ tsp baking powder
- 1 egg, lightly beaten
- 100ml cooled vegetable stock
- 1 baby potato, peeled and grated
- ¼ white, pointed or sweetheart cabbage, shredded
- 1 spring onion, finely sliced
- thumb-sized piece ginger, grated
- 1 tsp soy sauce
- vegetable oil, for frying
- salt and pepper

For the sauce

- 3 tbsp ketchup/tomato sauce
- 1 tbsp brown/Worcestershire sauce
- 1 tbsp soy sauce
- splash of honey




Method

1. Combine the flour, baking powder, egg and stock. Mix until smooth. Add the potato and season with a salt and pepper. Leave to rest in the fridge for one to two hours.
2. Remove the mixture from the fridge and add the other ingredients (leave half the spring onion to one side for the garnish). Stir to coat the vegetables in the batter.
3. Pour the mixture into a lightly oiled pan in a circle and fry for three to five minutes before flipping and frying on the other side. Use a fork or chopstick to check the pancake is cooked all the way through (if it comes out clean it is cooked).
4. Serve with mayonnaise, sriracha and/or your homemade okonomiyaki sauce to taste!

Take-home: discover

Complete a seasonality wheel.

Which food is in season at which time in the UK? Match the foods to the correct season.

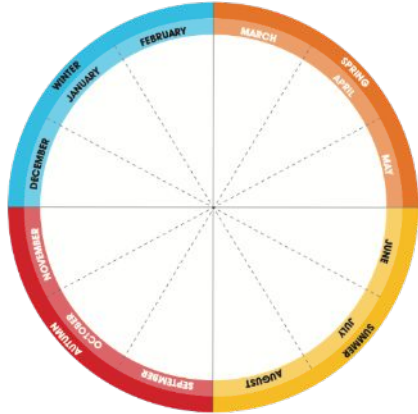
GET STUCK IN







ACTIVITY SHEET







SEASONALITY WHEEL

Fruit and vegetables taste best when they are eaten in season.

Can you match the foods below to the season (spring, summer, autumn, winter) in which they are at their best in the UK?



 Carrots
  Asparagus
  Lettuce
  Cauliflower
  Cherries
  Raspberries

 Brussels sprouts
  Cabbage
  Strawberries
  Rhubarb
  Courgette
  Red cabbage

Challenge: Do your own research. What other fruits and vegetables are in season at different times of the year? Write or draw the fruits and vegetables you discover in the correct part (or parts) of your seasonality wheel.

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Take home: move

Walking Wednesdays.

Challenge your class to walk, ride or scoot to school at least one day a week. Can you encourage other classes to join in?






Take-home: play

Play Team GB training bingo.

Ask the bingo caller to roll a pair of dice to find out what action to complete. Does the action match your card?



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ACTIVITY SHEET
TEAM GB TRAINING BINGO
 Get active with a game of Team GB training bingo!


How to play

1. Choose one player to be the caller and give the other players a bingo card each.
2. Caller rolls a pair of dice and completes the action that the dice lands on (e.g. 3 = three star jumps).
3. Players see if they have that action on their bingo card. If they do, they must copy the action, then tick off that square.
4. The first player to complete all their actions wins!

Team GB training bingo actions

2 = Pretend you're throwing a javelin	8 = Pretend you're playing tennis
3 = Three star jumps	9 = Four lunges
4 = Four squats	10 = Pretend you're boxing
5 = Stretch as tall as possible	11 = Stand on one leg
6 = Pretend you're swimming	12 = Jump in a circle
7 = Jog on the spot	

Alternative game



Randomise a game of Simon Says.

1. Caller rolls the dice to decide the action.
2. Caller announces 'Simon says... jog on the spot' or simply 'jog on the spot'.
3. Any player who completes the action when the caller doesn't say 'Simon says' is out!




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Take-home: taste

Explore flavour with a taste treasure hunt.

Can you find a food for every
flavour?








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ACTIVITY SHEET
TASTE TREASURE HUNT

1. Match the tastes and the foods below

	LEMON	SWEET
	SOY SAUCE	UMAMI
	MUSHROOMS	SOUR
	BRUSSELS SPROUTS	BITTER
	BLUEBERRIES	SALTY

2. Now go on a taste treasure hunt! Take a look around your kitchen or a local supermarket.
What other foods can you find with each of these tastes? Draw or write the foods in the table below.

TASTE	NAME OF FOODS
Sweet	
Sour	
Salty	
Bitter	
Umami	

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