

Ellison Healthy Eating and Food Safety Week



Food Safety Week is an annual event held to promote the importance of good food hygiene in the home. hygiene practices and how to avoid food contamination. This includes the importance of hand washing when preparing food, learning how to be safe when preparing food and minimize the risk of cross-contamination and food poisoning. It also includes staying safe when using equipment in the kitchen.

The aim of Ellison Healthy Eating week is to promote healthy eating, drinking, physical activity and an overall healthier way of living. Healthy eating is paramount to maintaining not just the physical wellbeing of your family but the mental wellbeing as well. It is also a great chance to explore the 'science' behind healthy eating. Food keeps us healthy and helps us to grow. It provides us with energy and eating a balanced diet means that our bodies has the fuel and nutrients that it needs to function properly.

Here are some fun activities to celebrate . We would love you to share your learning with us either by email or on our school twitter @EllisonPrimary ☺ Enjoy!

Keeping food safe and clean



This PowerPoint explores good food preparation habits including food safety rules.
https://www.twinkl.co.uk/resource/keeping-food-safe-and-clean-roi-sphe-19

Sleep and Healthy Eating Video Dr Ranj.

Dr Ranj isn't surprised that Riz feels so tired because he doesn't sleep for long and doesn't eat very healthy food, then Nurse Morag and the Healthy Helpers put together a balanced diet jigsaw.
https://www.youtube.com/watch?v=JgM9bXNVV5U

My Healthy Eating

https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j
https://www.bbc.co.uk/bitesize/topics/z9yycdm/articles/zxvkd2p
https://www.twinkl.co.uk/resource/t-t-2405-food-pyramid-display-posters



The food pyramid is designed to help make eating healthily more simple and easy to understand. It splits up certain food groups into a pyramid shape to list from top to bottom what servings should be consumed each day of that food group.
The foods at the top should be consumed the least and the foods at the bottom should be consumed most regularly.
https://www.twinkl.co.uk/resource/t-t-5467-healthy-eating-food-pyramid-writing-activity
Use the blank food pyramid to reflect on what you eat,

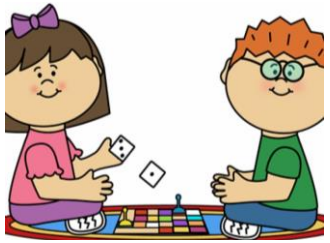


Food hygiene

Here are some posters with images to show different food hygiene rules. Use it to create your very own posters or take photographs to show evidence of you and your family following the rules.
https://www.twinkl.co.uk/resource/food-hygiene-display-photos-roi-sphe-18
What else can you find out about food hygiene?

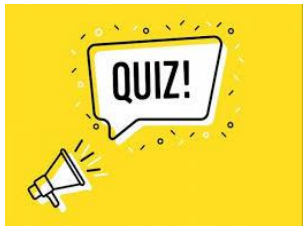
Healthy Eating and living game

Have fun playing this board game and learning about healthy eating and living. Can you create your own game to encourage others to be healthy?
https://www.twinkl.co.uk/resource/t-t-2545091-healthy-eating-and-living-board-game



Healthy Eating Quizzes

Explore these online quizzes to see what you know about healthy eating and healthy foods.



http://news.bbc.co.uk/cbbcnews/hi/quiz/newsid_2646000/2646621.stm
https://www.bbc.co.uk/cbbc/quizzes/newsround-sugar-expert-quiz
https://www.beano.com/posts/quiz-guess-the-close-up-fruit-and-veg

Eat a rainbow

Research healthy foods that are different colours. Then create a poster called Eat a Rainbow to show all of the different colourful healthy foods.



The Eatwell plate, sorting activity

https://www.twinkl.co.uk/resource/t-t-5537-healthy-eating-divided-plate-sorting-activity

Here is a blank healthy eating plate that has been divided into different food groups; carbohydrates, fats, protein, and dairy. Use the selection of different cut out foods to sort onto the plate according to which food group they think it belongs in.

Dangers in the kitchen

The kitchen can be a dangerous place. What dangers can you spot on this worksheet? Discuss or write about the dangers that you spot and how they could be avoided.

https://www.twinkl.co.uk/resource/cfe-h-011-dangers-in-the-kitchen-activity-sheet

What steps can you take to ensure that your kitchen is always safe?

Shopping list

https://www.bbc.co.uk/cbbc/joinin/whats-in-your-fridge-recipe-picker

Check out this ingredients checker and you can use what food items you DO have to make something scrumptious!



https://www.bbcgoodfood.com/recipes/collection/healthy-kids

Research and design some of your own healthy meals. Remember to include each food group. Use your ideas to create your own healthy eating shopping list. You could even create a healthy menu.

Change4Life

The Change4Life school zone contains free downloadable resources for KS1 and 2, including curriculum-linked resources and inspiration to help children explore about healthy eating and being active.

https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/resources

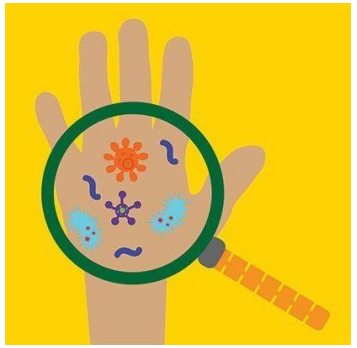
Germs

Find out about the different types of germs and how they effect us.

https://www.twinkl.co.uk/resource/t2-s-204-types-of-germ-powerpoint
https://www.bbc.co.uk/bitesize/topics/zfxxsbk/articles/zsgtrwx

This is a great experiment to show how germs are spread.

https://www.twinkl.co.uk/resource/us-a-192-how-germs-are-spread-activity



Why soap works experiment

Explore handwashing with soap using this brilliant experiment. Follow the step-by-step instructions of how to carry out the experiment and then record what happens during the experiment.

Make predictions about what you think might happen and why. You could discuss your ideas or record them in a written way. You could even create your own comic strip to show what you think will happen.

https://www.twinkl.co.uk/resource/hand-washing-soap-experiment-ks2-t-tp-2549330
https://www.bbc.co.uk/bitesize/clips/zc2qxnb