

WINGS TO WAR

ACTIVITY SHEET B

Healthy Choices - can you pick the right choice for a healthier or fitter lifestyle? Sometimes we need to relax and take things a bit easier, but on the whole we should be able to identify broadly healthy and broadly unhealthy choices. Can you think why one choice is better than the other? Discuss the reasons for your decisions with your teacher.

1 A chocolate bars



B fruit



2 A yoghurt



B sweets



3 A fizzy juice



B water



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4 A crisps



B nuts (or berries if somebody has a nut allergy)



5 A breakfast of processed sugary cereal



B breakfast of porridge (or granola) with fruit



6 A fast food dinner



B A colourful pasta salad dinner



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7 A playing x-box or playstation too much

B playing football in the park or at a club



8 A feeling upset and not telling anyone

B speaking to your mum or teacher about the problem



8 A watching TV after school every day

B being active - play a ball sport!



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9 A Sit about watching telly, eating junkfood



B Go out and play a make-believe game with pals



10 A watch youtube for hours on end



B Go swimming or get swimming lessons



Outdoor play is a healthy and important part of childhood keeping both our bodies and our minds healthy and active!

