

# Healthy Eating Week – Loop Cards

These cards can be used as:

- a straight forward loop game with the whole class;
- a loop game within a smaller group where children have multiple cards each;
- a memory matching game with the cards in cut in half;
- inspiration for the children to write their own shorter game with a theme such as fruit, vegetables or food from around the world;
- a speed research game:
  1. Children have two cards per pair and have three minutes to find out more about the subject of the card.
  2. Then play a full class game and time it to see how fast they can do it.
  3. Swap cards and repeat the fast research and timed game.

I have...

bananas

Who has...

the amount of daily exercise recommended for 5-18 year olds?

I have...

60 minutes

Who has...

the group of foods to which milk and cheese belong?

I have...

dairy products

Who has...

the part of a recipe that tells you what to do?

I have...

the method

Who has...

the number of glasses of water you should drink per day?

I have...

6-8 glasses

Who has...

the name of someone who eats no meat or dairy products?

I have...

vegan

Who has...

the group of foods to which meat and fish belong?

I have...

proteins

Who has...

the vitamin found in fruit and vegetables that keeps skin healthy, protects body cells and helps your body absorb iron?

I have...

vitamin C

Who has...

the mineral needed for healthy teeth and bones?

I have...

calcium

Who has...

the drinks of which you should not have too much?

I have...

fizzy drinks  
and fruit

Who has...

the base ingredient for cheese and yoghurt?

I have...

milk

Who has...

the name for all the food and drink you put into your body?

I have...

diet

Who has...

the name of someone who eats no meat but does eat dairy products?

I have...

vegetarian

Who has...

the vitamin that you can get from sunlight that helps make bones strong?

I have...

vitamin D

Who has...

the things which are not digested by the body but do help to keep the gut healthy?

I have...

fibre

Who has...

the name for the amount of food you have on your plate?

I have...

a portion

Who has...

the amount of recommended portions of fruit and vegetables you should eat per day?

I have...

at least five  
per day

Who has...

the role of proteins in the  
body?

I have...

growth  
and repair

Who has...

The name of the group of  
foods that include peas,  
lentils and beans.

I have...

pulses

Who has...

the number of times per  
day that we need to brush  
our teeth?

I have...

twice per day

Who has...

the vitamin that helps you  
see at night?

I have...

vitamin A

Who has...

the group of foods that includes olive oil and margarine?

I have...

fats

Who has...

the country where paella (say: 'pie-ella') comes from?

I have...

Spain

Who has...

the unit of measure for energy

I have...

kilojoules  
Kj

Who has...

the group of foods that include chicken and turkey but not ham?

I have...

poultry

Who has...

the most widely grown crop in the UK?

I have...

wheat

Who has...

the country from which sushi comes?

I have...

Japan

Who has...

the name for the type of farming where crops and plants are grown?

I have...

arable

Who has...

the animal that beef comes from?



I have...

COW

Who has...

the country from which  
ravioli comes?

I have...

Italy

Who has...

the mineral needed for  
healthy blood?

I have...

iron

Who has...

the name of someone who  
doesn't eat meat but does  
eat fish?

I have...

a pescatarian

Who has...

the UK's largest fruit import  
(and has been for many  
years)?