

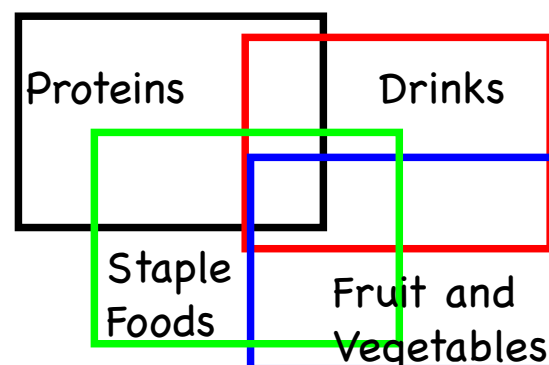
Food Activities

What Am Cards?



I am white. I contain a lot of water. I am the first drink you ever had. I can be made into lots of other good things. I have a lot of protein and minerals especially calcium.

Sorting Foods on a Venn



Buy Healthy Food Bingo

Food: What Am I and Buy Healthy Food Bingo Game

I have worked here with Ann Mau, a dietician based in Heidelberg, to come up with some activities about the food we eat. The idea here is move away from a preoccupation with unhealthy versus healthy eating, and rather than produce an activity that contains warnings about unhealthy eating to come up with something a bit more positive.

The webaddress for this activity is:
<http://www.collaborativelearning.org/food.pdf>

This activity was last updated 12th October 2017

Currently in
development and
posted in "Work in
Progress!"

**Basic principles behind our talk for
learning activities:
Oracy in action!**

**If you can't talk
it, you won't be
able to write it!**

**Build on children's own prior knowledge.
Move from concrete to abstract.
Ensure everyone works with
everyone else.
Extend social language towards
curriculum language.
Provide motivating ways to go over the
same knowledge more than once.**

**Good for all pupils!
Vital for EAL pupils!**

COLLABORATIVE LEARNING PROJECT

Project Director: Stuart Scott

Supporting a cooperative network of teaching professionals throughout the European Union to develop and disseminate accessible teaching materials in all subject areas and for all ages.

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BRIEF SUMMARY OF BASIC PRINCIPLES BEHIND OUR TEACHING ACTIVITIES:

The project is a teacher network, and a non-profit making educational trust. Our main aim is to develop and disseminate classroom tested examples of effective group strategies across all phases and subjects. We hope they will inspire you to develop and use similar strategies in other topics and curriculum areas. We run teacher workshops, swapshops and conferences throughout the European Union. The project publishes a catalogue of activities plus lists in selected subject areas, and a newsletter available on the internet: "PAPERCLIP".

*These activities were influenced by current thinking about the role of language in learning. They are designed to help children learn through talk and active learning in small groups. They work best in mixed classes where children in need of language or learning support are integrated. They are well suited for the development of speaking and listening. They provide teachers opportunities for assessment of speaking and listening and other formative assessment.

*They support differentiation by placing a high value on what children can offer to each other on a particular topic, and also give children the chance to respect each other's views and formulate shared opinions which they can disseminate to peers. By helping them to take ideas and abstract concepts, discuss, paraphrase and move them about physically, they help to develop thinking skills.

*They give children the opportunity to participate in their own words and language in their own time without pressure. Many activities can be tried out in mother tongue and afterwards in English. A growing number of activities are available in more than one language, not translated, but mixed, so that you may need more than one language to complete the activity.

*They encourage study skills in context, and should therefore be used with a range of appropriate information books which are preferably within reach in the classroom.

*They are generally adaptable over a wide age range because children can bring their own knowledge to an activity and refer to books at an appropriate level. The activities work like catalysts.

*All project activities were planned and developed by teachers working together, and the main reason they are disseminated is to encourage teachers to work effectively with each other inside and outside the classroom. They have made it possible for mainstream and language and learning support teachers to share an equal role in curriculum delivery. They should be adapted to local conditions. In order to help us keep pace with curriculum changes, please send any new or revised activities back to the project, so that we can add them to our lists of materials.

Food Cards:

These cards can be used in a variety of ways. They can be used for a whole class activity, where each pupil has a "what am I card" and a food picture card given out at random. Pupils then take turns to read out their "what am I" card and the student with the appropriate picture card can claim it. They can also be used for pairs games, where probably not more than one set of them should be used. We are now adding information cards which can be used for role play and sorting. Are there any other foods that you would like us to include?

Buy Healthy Food Bingo Game

The cards can also be used for the "Buy healthy food" bingo activity. The instructions can be found below. Before the game the cards could be sorted onto a Venn diagram (you will need to make a larger version than we can produce online) using the definitions. It has to be a Venn because some foods fit into more than one and even all the categories. It might be a good idea to redraw the bingo boards as a shopping basket/trolley.. At the moment the bingo board is blank, but you or the children need to decide how many specific foods (one,two, three?) to put on each space on the board so that the game will last long enough.

Here are the foods provided for the activity in the order in which they appear.

SET A

lentils
sweet peppers
bananas
chillies
rice
bread
milk
cheese

SET B

salad leaves
fish
spinach
eggs
chicken
potatoes
pork
corn/maize

SET C

herbs and spices
carrots
berries
citrus fruit
cabbage
pasta
leeks
tomatoes

SET D

apple
beans/pulses
olives
cracked wheat
beetroot
grapes
aubergine
tea

SET A - food pictures



Lentils

Set A



Sweet Peppers

Set A



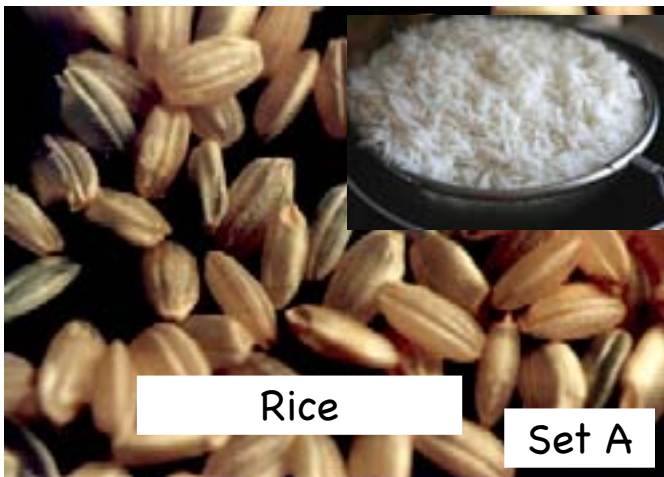
Bananas

Set A



Chillies

Set A



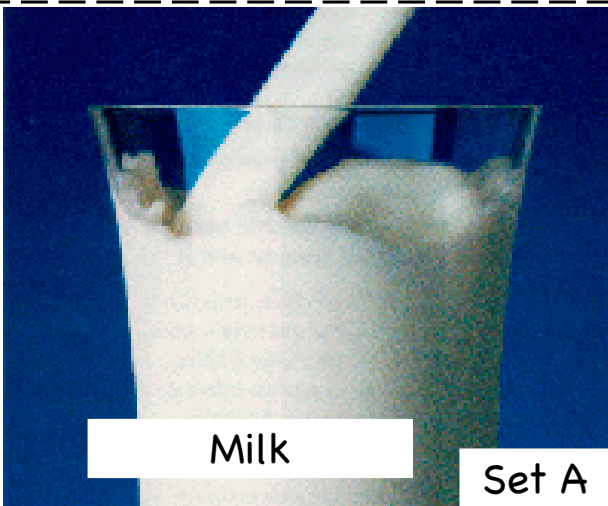
Rice

Set A



Bread

Set A



Milk

Set A



Cheese

Set A

SET A - What am I text

We can be green, brown or orange. We are named after the shape of your glass in your glasses. We make good soup. We mix well with yogurt and spices. We also get on well with other foods. We are full of protein and fibre.

I can be red, yellow or green. I am very crunchy when raw. You can eat me raw or you can cook me. I taste sweet. Remember to take my seeds out first. I contain vitamins, fibre and water.

I am yellow, brown or green and slightly curved. I need a lot of heat and damp to grow well. I come in a neat pack. I am quick to eat and very filling. You have to peel me to eat me. You can eat me raw and you can also fry me or put me into cakes. I am full of fibre, minerals and vitamins.

I can be red, yellow or green. I am usually quite small. Some of us are pointy and some oval. Don't use too much of me in your food. I can make it very hot and spicy.

I am brown outside and white inside. I grow in water in a hot climate. I have a mild taste. I can be sticky, grainy or fluffy. I go well with spices. I also go well with sugar and/or milk.

I can be made of wheat, barley, rye or other grains. I can be soggy or crunchy. I come in all shapes and sizes. I can be black, brown or white. I smell very good when I am being cooked.

I am white. I contain a lot of water. I am the first drink you ever had. I can be made into lots of other good things. I have a lot of protein and minerals especially calcium.

I come in hundreds of shapes, sizes and flavours. I am made from milk. I contain a lot of protein and calcium. Eight litres of milk makes one kilogram of me.

SET A - Information text

We can be green, brown or orange. We are named after the shape

I can be red, yellow or green.
I am very crunchy when raw.
You can eat m

I am yellow, brown or green and slightly curved. I need a lot of heat and damp

I can

NOT COMPLETED

I am brown outside and white inside. I.

I can be made of wheat, barley,ry

I am white. I contain a lot of water. I am the first

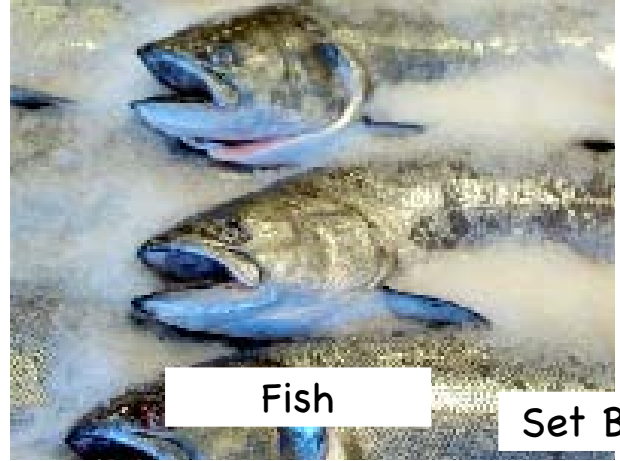
I come in hundreds of shapes, sizes and flavo

SET B - food pictures



Salad Leaves

Set B



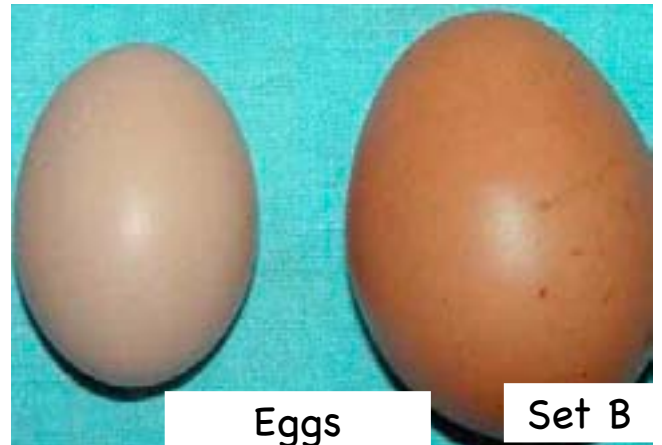
Fish

Set B



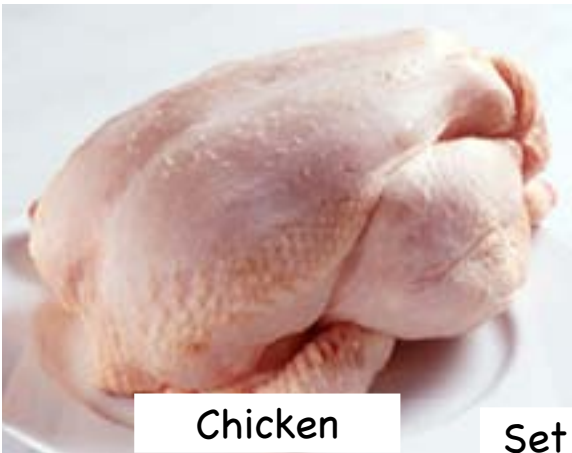
Spinach

Set B



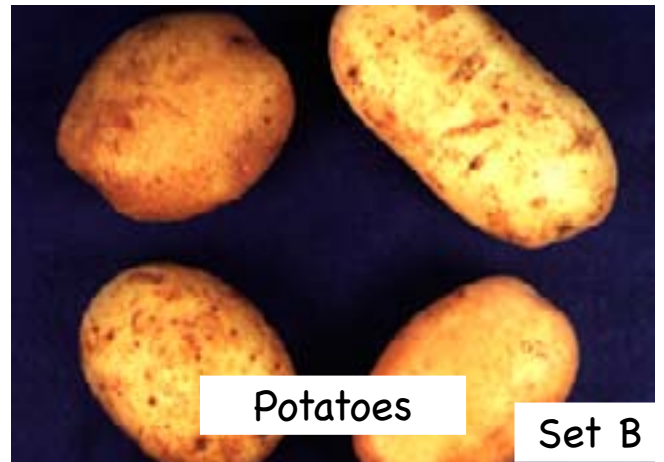
Eggs

Set B



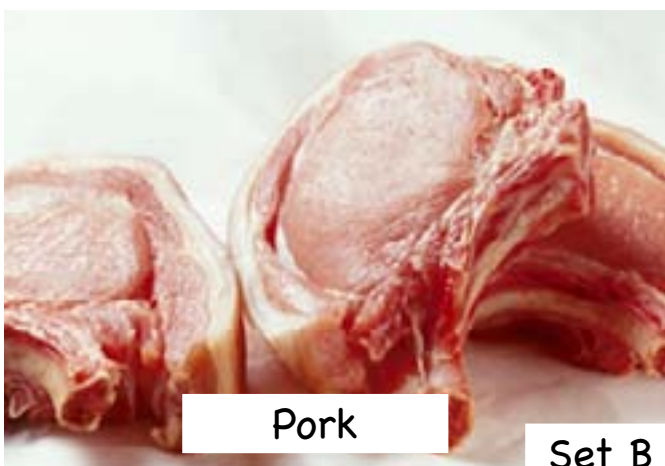
Chicken

Set B



Potatoes

Set B



Pork

Set B



Corn/Maize

Set B

SET B - What am I text

I am usually green but sometimes red. I can be crunchy. I can taste sweet or peppery. I am full of water and vitamins. You eat me raw. Sometimes I get dressed with oil, lemon juice or vinegar.

We come in different shapes and sizes and we live in seas and rivers. Some of us are oily and some are not. Some of us have bones and some of us don't. We don't have fingers, but you can make us into them.

I am a green leaf. I am full of water so when you cook me I shrink to a small amount. I am packed full of vitamins and minerals. Olive Oil's boyfriend eats me when he has to build up his strength.

We come in different sizes and different colours. We can be speckled. Some of us are roundish, but most of us are round at one end and a little bit pointed at the other end. We are quick to cook and make a big choice of dishes. We are full of protein.

I am pale and white. I used to be a bird. I taste best when I have had the chance to walk about and not just live in a cage. I am popular with children. I can be made into nuggets, or roasted or made into curry with spices.

We came to Europe in the sixteenth century. We can be blue or red, but most of us are white. Some of us are knobbly but most of us are smooth. We can be boiled, baked or fried. We are very popular. We have vitamins in our skins.

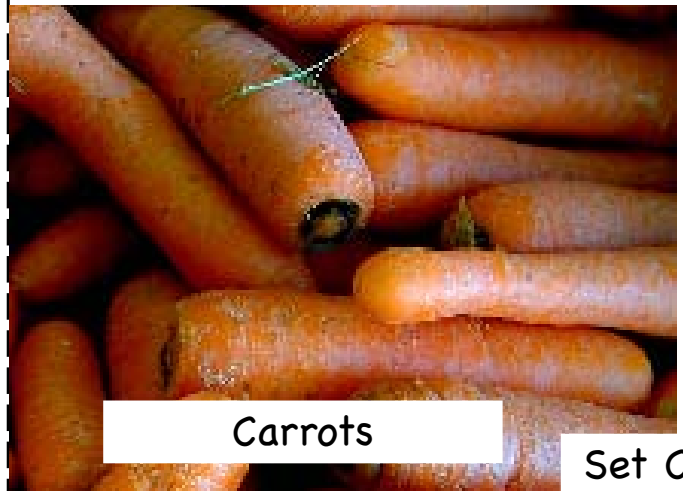
I used to be a pig. You need to cook me slowly and thoroughly. I can be roasted or made into sausages. I can be salted. Then I can be bacon or ham. I contain a lot of protein and minerals.

We are a kind of large yellow grain. We came from America. You can eat us fresh or you can dry us, grind us into flour and cook us as cakes or pudding.

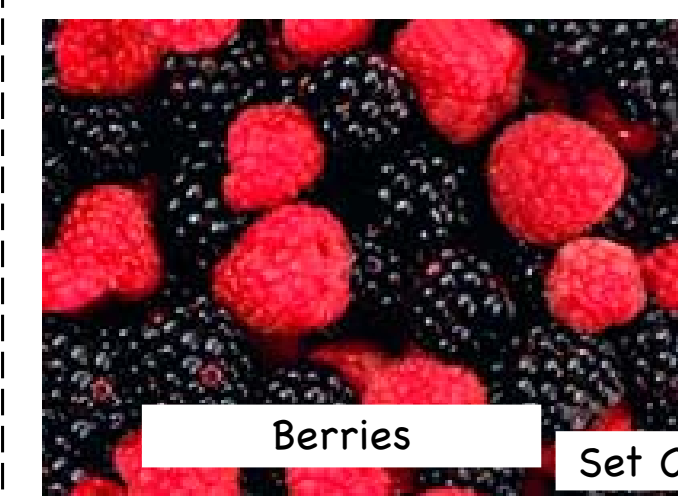
SET C - food pictures



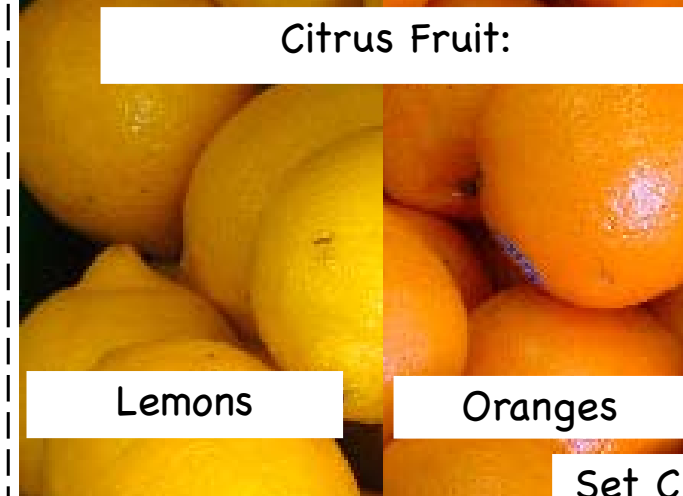
Herbs and Spices Set C



Carrots Set C



Berries Set C



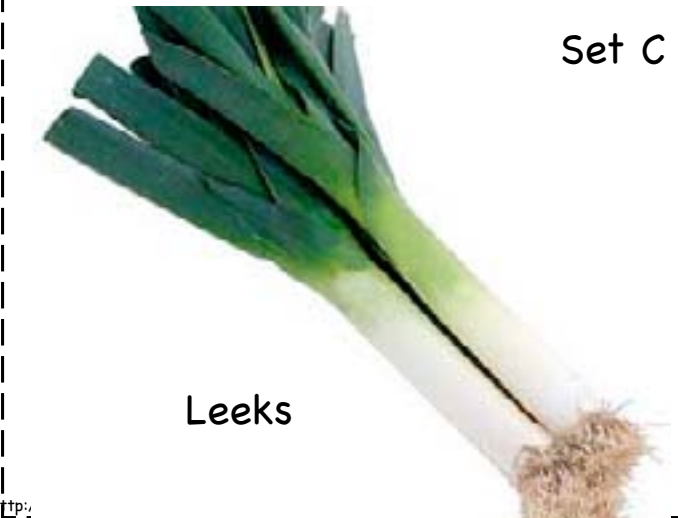
Citrus Fruit:
Lemons Oranges Set C



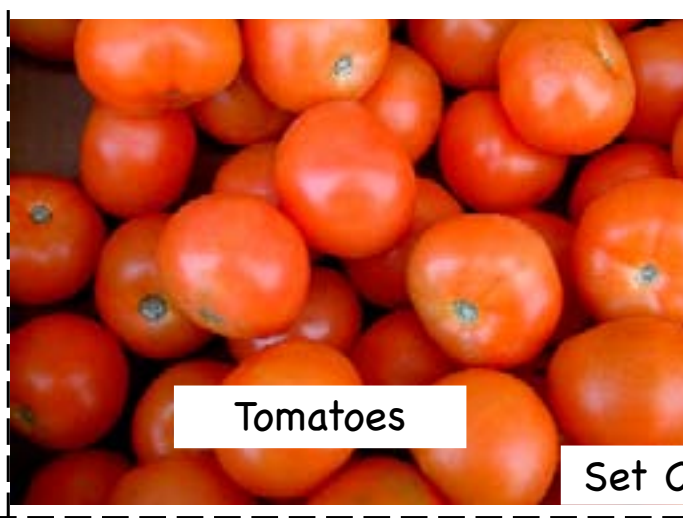
Cabbage Set C



Pasta Set C



Leeks Set C



Tomatoes Set C

SET C - What am I text

We are leaves stalks, seeds, flowers or roots. We can be green, red, yellow or brown. You only need a small amount of us to make your food tasty. Many of us travel long distances before we arrive in the shops.

We are orange and if you eat too many of us you will become orange too! I am quite sweet and can be used in cakes. You can cook me or you can eat me raw. I contain a form of vitamin A which helps you to see in the dark.

Birds and humans love us even though we are full of seeds. We have bright colours and are full of vitamins. We usually have quite sharp sweet flavours.

We grow on trees in sunny countries. We can be orange, yellow or green. We usually have pips inside us. We are full of vitamin C to prevent you catching cold and to keep your skin healthy.

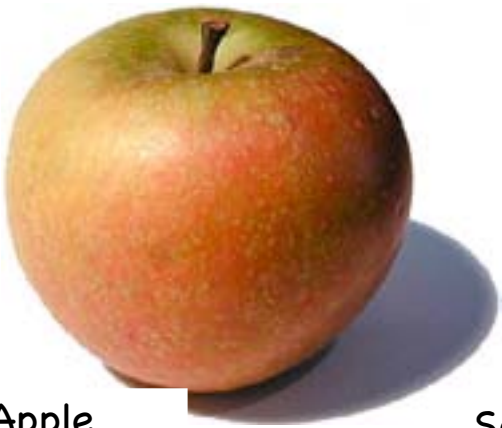
Most of us are green though a few of us are reddish, and one of us has a big white centre. One of us is just a tight green ball. We are made up of lots of leaves. We can be stuffed, chopped up and cooked, or chopped up and eaten raw. Some people don't like the way we smell when we are cooked.

We can be long and slithery but we also turn up in lots of interesting shapes and sizes. We even come as alphabets. We are made from egg and flour. We are often eaten with tomato sauce.

I am green and white. In the middle ages I was the only green thing left in the garden in winter time. I am a sort of long onion. I am full of fibre and flavour. I make good pies and soups.

We are round and red and very popular. People used to think we were poisonous. We came from America. We like to live in a sandwich with cheese. We get put into tins and boiled down to a thick sauce and put in tubes or bottles.

SET D - food pictures



Apple

Set D



Beans/Pulses

Set D



Olives

Set D



Cracked Wheat

Set D



Beetroot

Set D



Grapes

Set D



Aubergines

Set D



Tea

Set D

SET D - What am I text

I am a very famous fruit. I am red, yellow green and sometimes a bit of all these colours. I am crunchy. Some of us are sweet and some of us need to be cooked with sugar. We get squeezed to make a drink are probably the most popular fruit in the UK.

We come in lots of shapes and sizes and all different colours. We can be round or oval. We can be fresh or dried or cooked in tins. A lot of us can be found in tins with a lot of tomato sauce.

I grow on old twisty trees. I like hot dry weather. I can be green, pink or black. Watch out for my stone. I have quite a sharp taste. Many of us are squeezed so that delicious oil runs out. This is used for salads or for cooking.

I am made of grains of wheat. I need to be soaked and steamed before you can eat me. Then I grow much bigger and each of my grains get fluffy. I don't have a strong taste so usually you add something spicy and soupy to me. I am popular food in north Africa and France.

I am a dark purple root. Most people cook me and then eat me cold in salads. I am packed with vitamins and minerals.

I am an oval fruit with quite a thick skin and a juicy inside. I can be white, red or black. You can eat me raw. You can squeeze out my juice and drink it. You can dry me out in the sun. Then I become sweet and sticky and can go well in cakes and buns.

I am a large smooth vegetable. Most of us are purple but we can sometimes be stripey or white. You can fry me or grill me. I am full of water, minerals and vitamins.

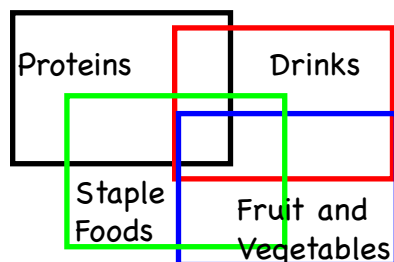
I am a leaf. I come from China, Japan, India or Ceylon. I can be green or black. I make a drink that cheers people up. You can also drink me cold in hot weather.

Buy Healthy Food Bingo Game

This is a game for two, three or four players.

You need a set of food cards and a bingo board for each player. The aim of the game is to go to market, and fill your board with the food you need to make a healthy meal.

Before you play the game it is a good idea to sort your food cards onto a Venn diagram. You will need to draw the Venn on a large sheet of paper: you need four overlapping circles. We have chosen a Venn diagram for sorting because some foods fit in more than one place. Consult the definitions as you sort.



How to Play: Shuffle the food cards and place them upside down in the middle. Take one card off the top and place it face up. Take turns to pick a card from either pile the face down or the face up pile, and place it on your bingo board. If you have no space for a card you should put it back on the face up pile.

Definitions of main food types.

Protein foods:

They help you to grow, and replace bones and body cells. They are usually quite expensive but you do not have to eat a lot of them. Most people like their taste.

Staple foods:

These are foods that your family like to eat a lot of. They usually are not strong tasting. They fill you up, and are cheap and plentiful. They provide starch and carbohydrate. Some staple foods have protein and vitamins as well

Fruit and vegetables:

They contain fibre, minerals and vitamins. They also contain a lot of water, and lots of things that keep you and your stomach happily working. They provide lots of different flavours and are often very colourful. Some of them are cheap, and some of them are expensive. They are seasonal and taste different at different times of the year. Many people grow them in their own gardens or allotments.

Drinks:

Fruit juice, fizzy drinks, milk and tea all contain water. Fruit juice often contains vitamin C and milk contains proteins and minerals. Fizzy drinks sometimes contain a lot of sugar.

Buy Healthy Food Bingo Game Board

Choose the food for a healthy meal

Fill up all the spaces on your bingo board

A Protein Food	A Fruit or Vegetable
A Staple Food	A Fruit or Vegetable
A Drink	A Fruit or Vegetable