

HAMPSHIRE SCHOOL GAMES WEEK 2022

Health & Wellbeing

Welcome to Wellbeing Wednesday! Today, the Hampshire School Games Organisers have created three activities for you to try. Schools can choose to do one or more activities throughout the day and can use the resource flexibly to meet the needs of their curriculum.

The activities involved cover the following areas:

1. Lunchbox Challenge

Looking at what a healthy and balanced lunchbox should contain.

2. Commonwealth National Dishes Challenge

Try to match the countries name to the flag and national dish, can you then work out which blue dot that country is on the map?

3. Higher/Lower Sugar Game

This game is similar to the TV game “higher or lower”. It’s designed to get pupils thinking about the amount of sugar cubes that can be found in some of the sweet dishes created in some of the Commonwealth countries. The aim of the game is to state whether they think the item has more or less sugar cubes than the previous one. The activity has been designed so that it can be played in an active way.

We hope you enjoy taking part in some or all of the activities!

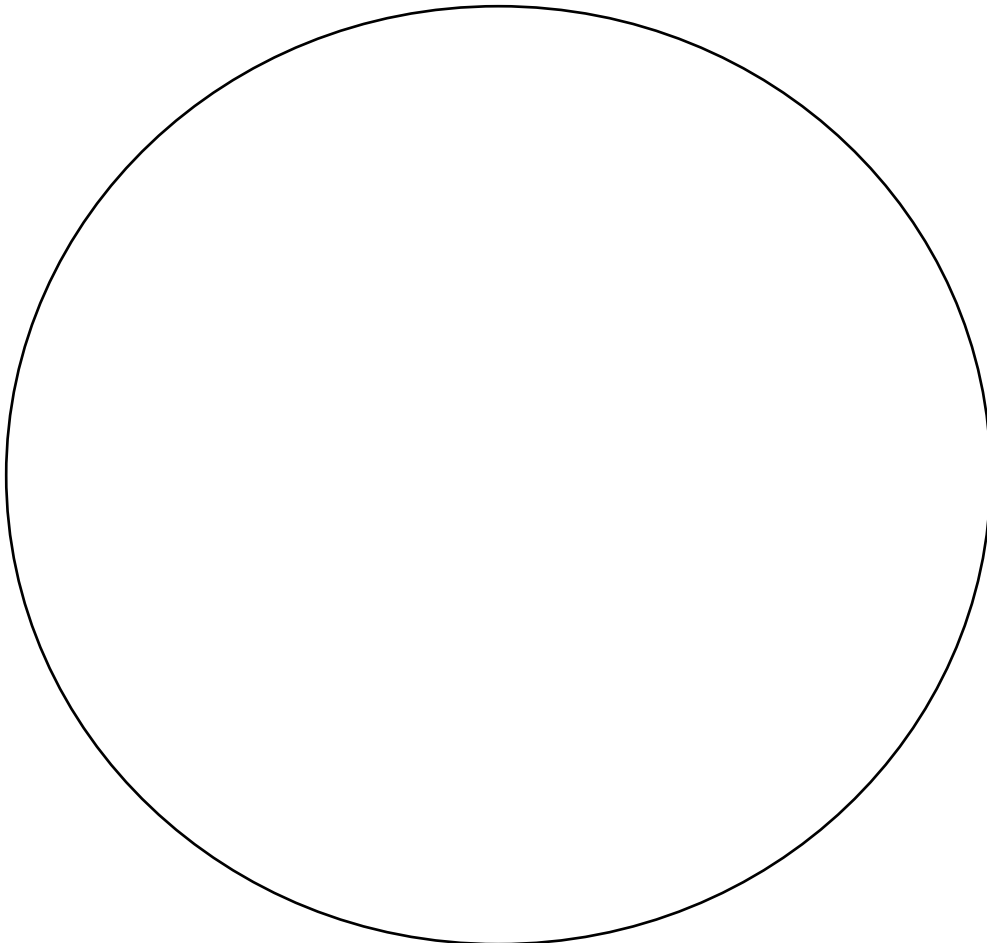


KS1 Healthy Lunch Box Activity

In small groups or individually, sort the food playing cards to make 3 healthy lunch boxes.

Main	Fruit or Salad	Snack	Drink

On the plate below draw a healthy lunch that you would like to eat:

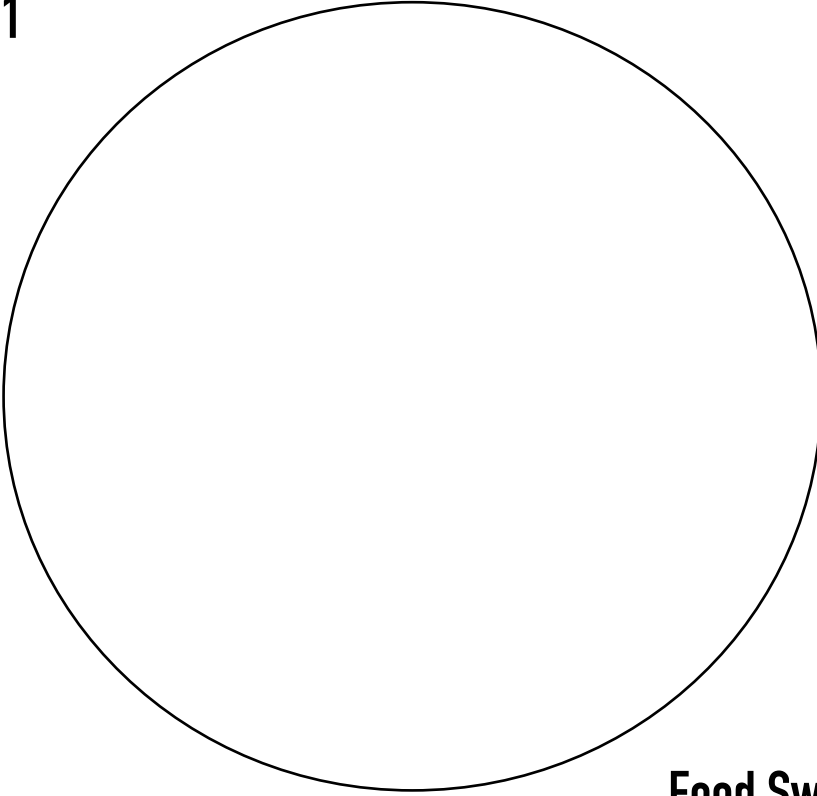


KS2 Healthy Lunch Box Activity

In small groups or individually, sort the food playing cards to create 3 healthy lunch plates.

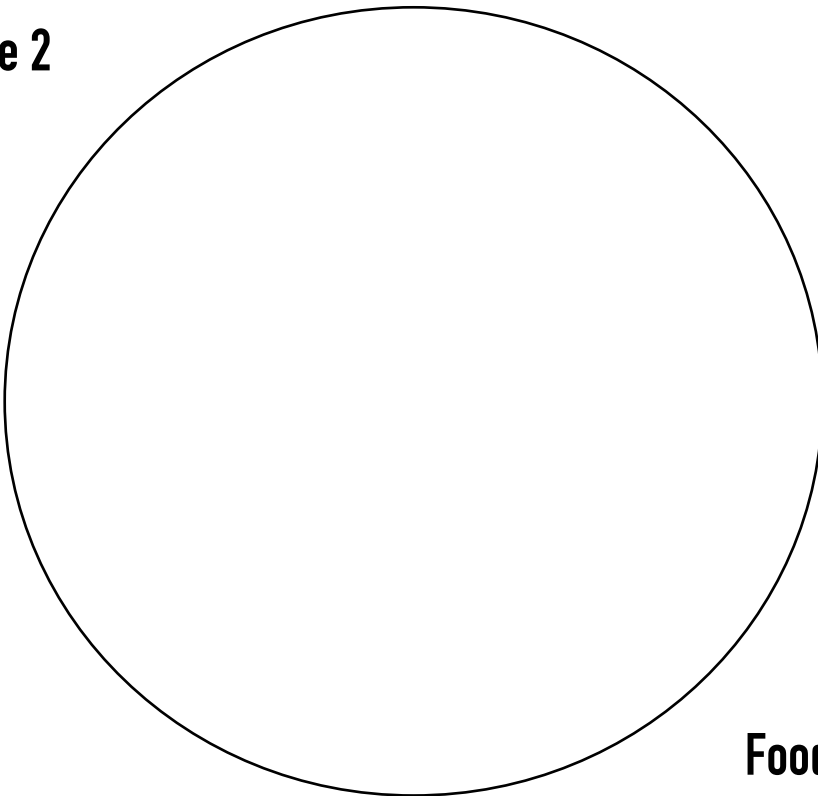
Next to each plate pick an item and think about what healthy food swaps you could make.

Plate 1



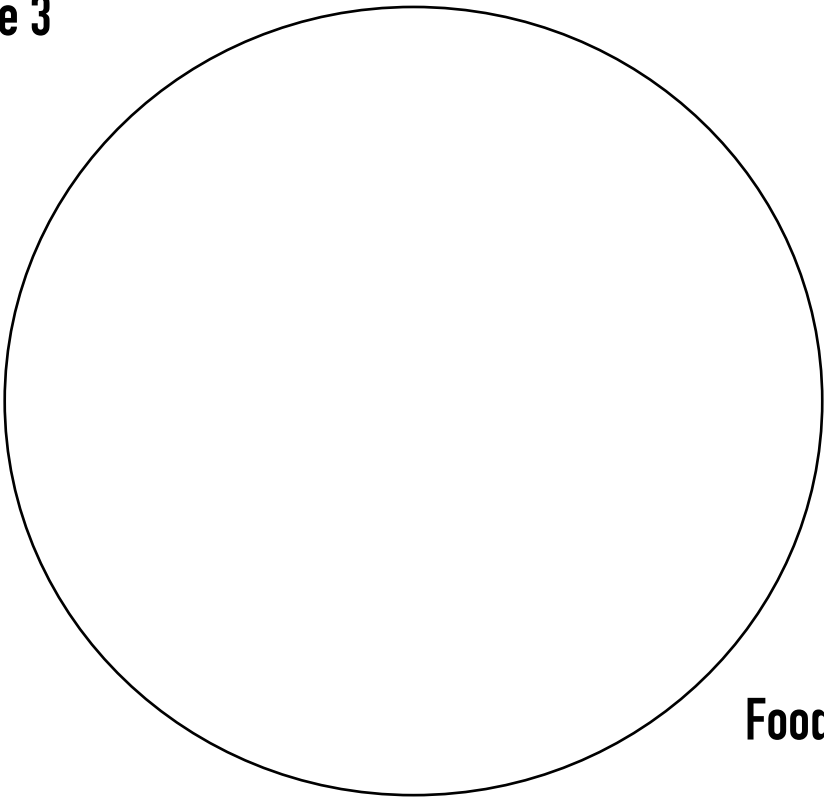
Food Swap _____

Plate 2



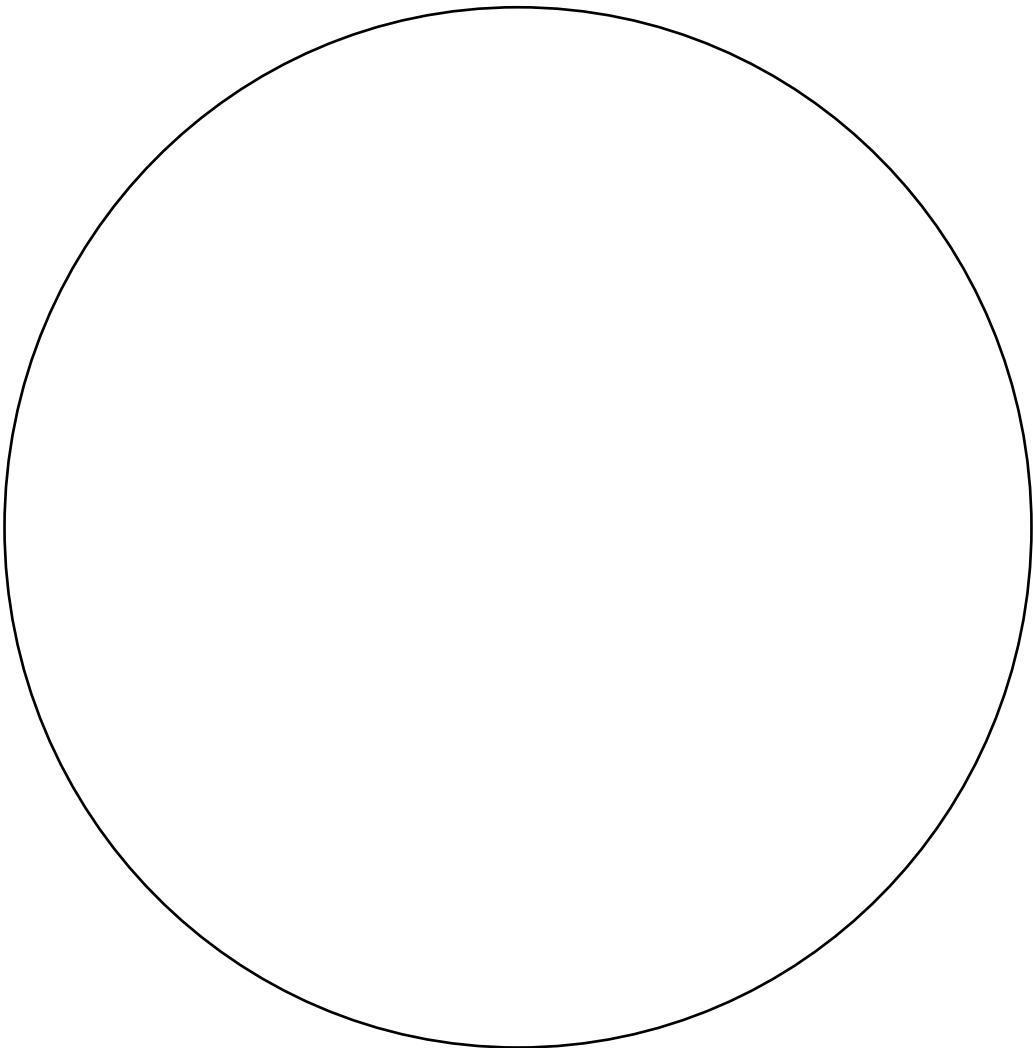
Food Swap _____

Plate 3



Food Swap _____

Can you create your own healthy lunch? What would you put in it?



Healthy Lunch Box Challenge Cards

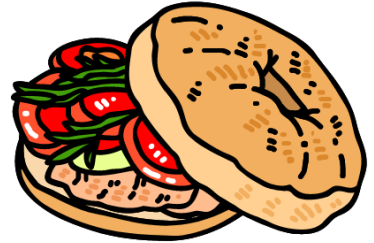
Tuna and Bean Salad



Spicy Chicken Wrap



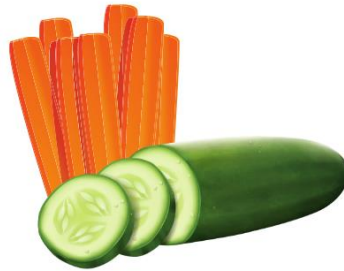
Salmon and Salad Bagel



Berries



Carrot and Cucumber sticks



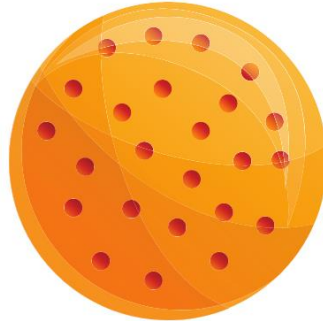
Peach and strawberry slices



Maltloaf



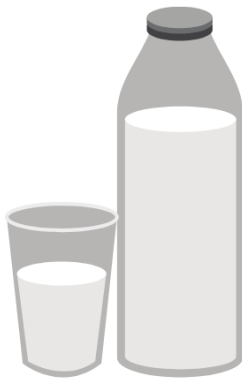
Teacake



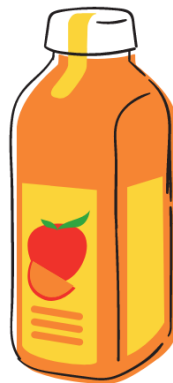
Popcorn



200ml Semi-skimmed
Milk



150ml Fruit Juice



200ml Water



Commonwealth National Dish Challenge

This activity is a treasure hunt, designed to get pupils moving and thinking about different countries of the Commonwealth and what their National Dishes are.

The idea is that pupils try and match the country name to its flag and national dish before guessing which blue dot the country is on the map.

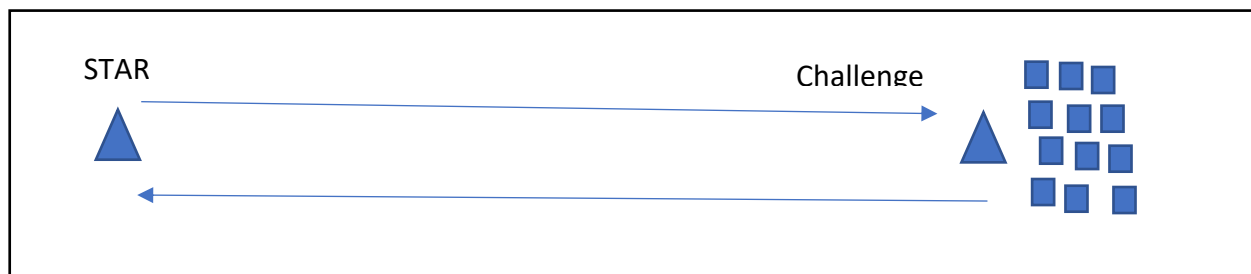
There are two ways that this activity could be completed; version one is a treasure hunt, and version two is a relay activity.

For the Treasure Hunt:

- Split the class into groups of 4 and give each group a recording sheet.
- Print off a set of the National Dish Cards & Flags for each group and place around the school grounds.
- Send groups off to hunt for the cards.
- When they've found all the cards, they return to the classroom and complete the recording sheet.
- This activity could be developed and extended to include map reading skills and clue solving.

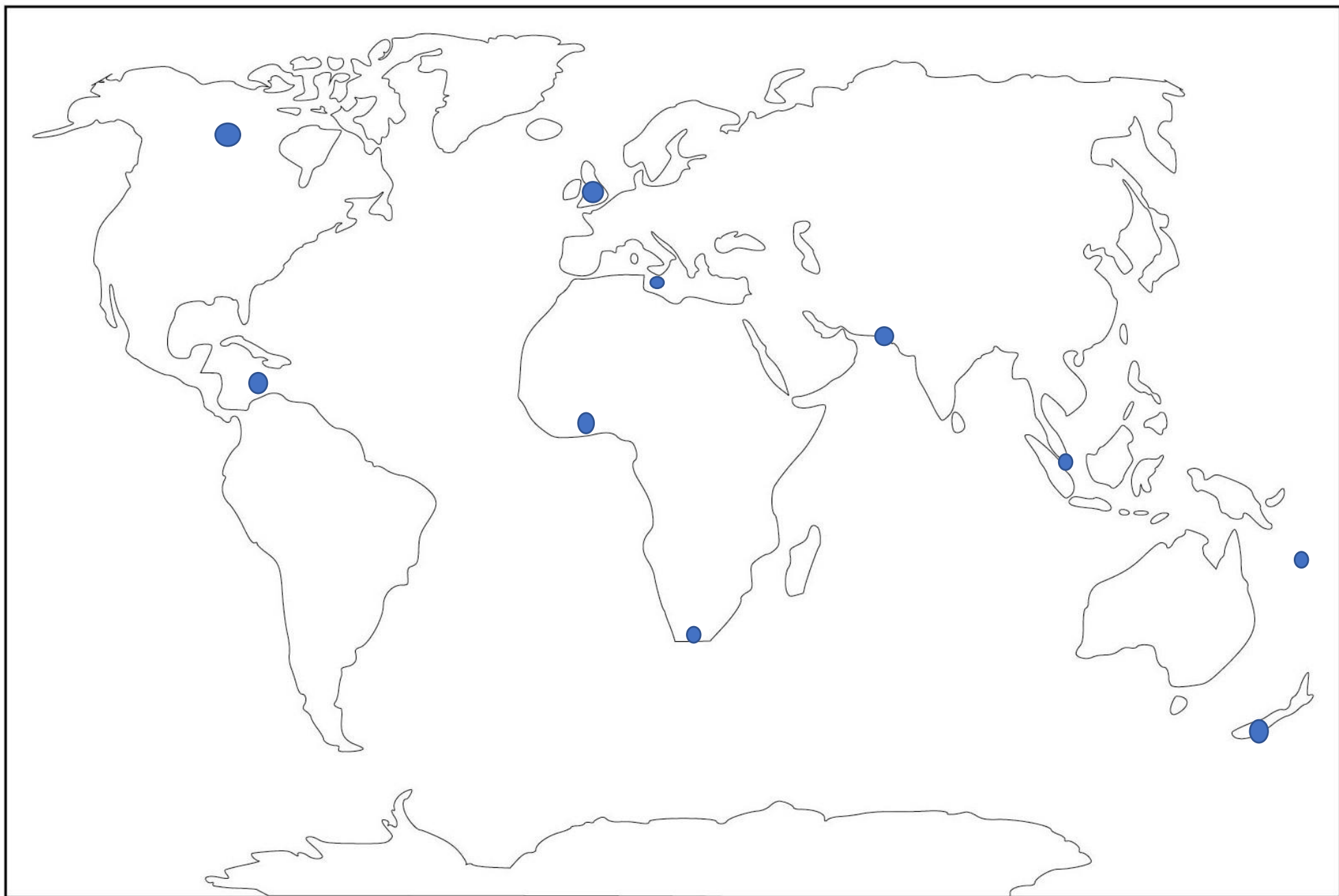
For the Relay Activity:

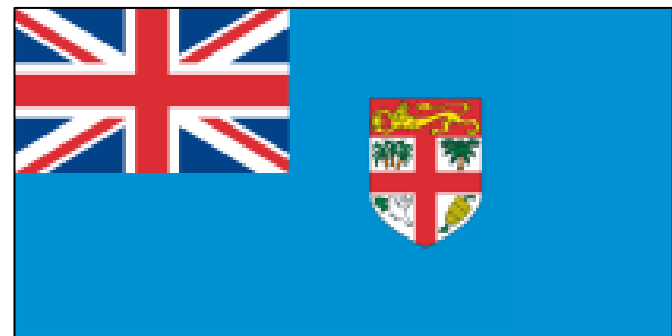
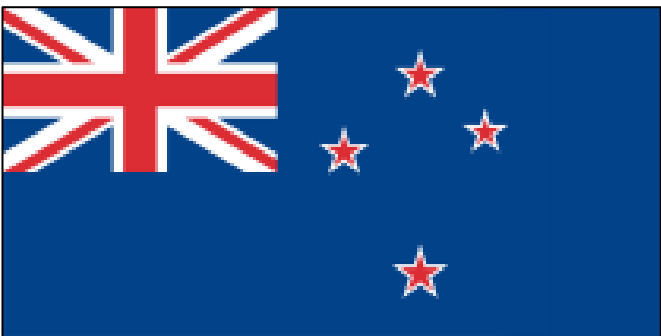
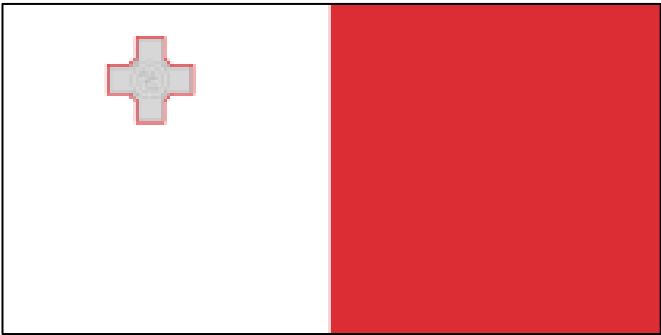
- Split the class into teams of 4 and give each team a recording sheet.
- Print off a set of the National Dish Cards & Flags for each group.
- Mark out a track for the pupils to follow (diagram below).
- Teams start on one cone, and one at a time race to the opposite end, collect a card, and bring it back to the start cone. The next team member then runs and collects a card, and so on until all cards are collected.
- You could alter the way pupils travel between cones i.e. hopping, skipping, jumping.
- They then use the cards to complete the recording sheet.







Country	Flag	National Food
South Africa		
Ghana		
Singapore		
Pakistan		
Jamaica		



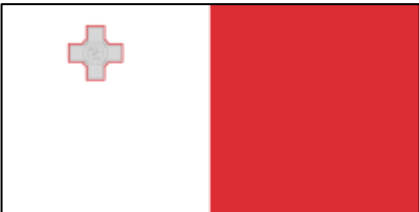


Canada		
United Kingdom		
Malta		
New Zealand		
Fiji		





<p>Bobotie is a dish consisting of spiced minced meat baked with an egg-based topping.</p>	<p>Poutine is a dish of French fries and cheese curds topped with a brown gravy.</p>
<p>Fufu is made by boiling starchy root vegetables and then mashing them into a dough.</p>	<p>Bangers and Mash is sausages served with mashed potatoes and often gravy.</p>
<p>Chicken Rice is a dish made of rice and chicken steamed in a sweet soy sauce with chilli and ginger.</p>	<p>Stuffed Tal-Ferek is a slow cooked rabbit stew.</p>
<p>Nihari is a slow-cooked meat stew, flavoured with long pepper.</p>	<p>Hangi is a traditional Maori form of cooking, where food like fish, meat and kumara are smoked in a pit dug into the ground.</p>
<p>Ackee and Salt Fish is made with salted codfish and the national fruit ackee.</p>	<p>Kokoda is a dish of raw fish served with coconut milk in half a coconut shell.</p>

Country	Flag	National Food
South Africa		Bobotie is a dish consisting of spiced minced meat baked with an egg-based topping.
Ghana		Fufu is made by boiling starchy root vegetables and then mashing them into a dough.
Singapore		Chicken Rice is a dish made of rice and chicken steamed in a sweet soy sauce with chilli and ginger.
Pakistan		Nihari is a slow-cooked meat stew, flavoured with long pepper.
Jamaica		Ackee and Salt Fish is made with salted codfish and the national fruit ackee.

Canada		Poutine is a dish of French fries and cheese curds topped with a brown gravy.
United Kingdom		Bangers and Mash is sausages served with mashed potatoes and often gravy.
Malta		Stuffatt Tal-Ferek is a slow cooked rabbit stew.
New Zealand		Hangi is a traditional Maori form of cooking, where food like fish, meat and kumara are smoked in a pit dug into the ground.
Fiji		Kokoda is a dish of raw fish served with coconut milk in half a coconut shell.