

# FOOD FORMATIONS

KS1 | KS2

## Parents Guidance Doc

### TIMINGS

You should allow approximately **30 minutes** for this lesson

### EQUIPMENT

- Pencil & Rubber
- Glue stick
- Safety scissors
- 3 x blank food formation worksheets
- 3 x food formations answer sheets
- Green, blue and yellow football icons to cut out and stick

### THE ACTIVITY

**WARM UP EXERCISE – Watch our Food Formations video to prepare you for your first task!**

#### ACTIVITY 1:

**CONSTRUCT THE 3 DIFFERENT FOOD FORMATIONS:** 15 mins

1. Show your child the 3 food formations
2. Using the 3 food formation sheet as a guide, ask your child to cut out the relevant coloured footballs and 1 construct fuel formations by sticking the footballs in the worksheet as per the three examples

#### ACTIVITY 2:

**BASIC FOOD IDENTIFICATION:** 15 mins

WARM UP: ask your child to verbally list as many foods as they can that are carbohydrates, proteins and vegetables

1. Show your child the list of HIGH FUEL FOODS, REPAIR FOODS AND PROTECT FOODS
2. From the list, ask your child to choose 4 and write them DOWN (OR CUT AND STICK THEM) next to each coaching point on the corresponding food formations worksheets

### LEARNING OUTCOMES

- Be able to identify the three food formations
- Be able to list the different sources of carbohydrate, proteins and fruits / veggies
- Be able to construct the 3 food formations

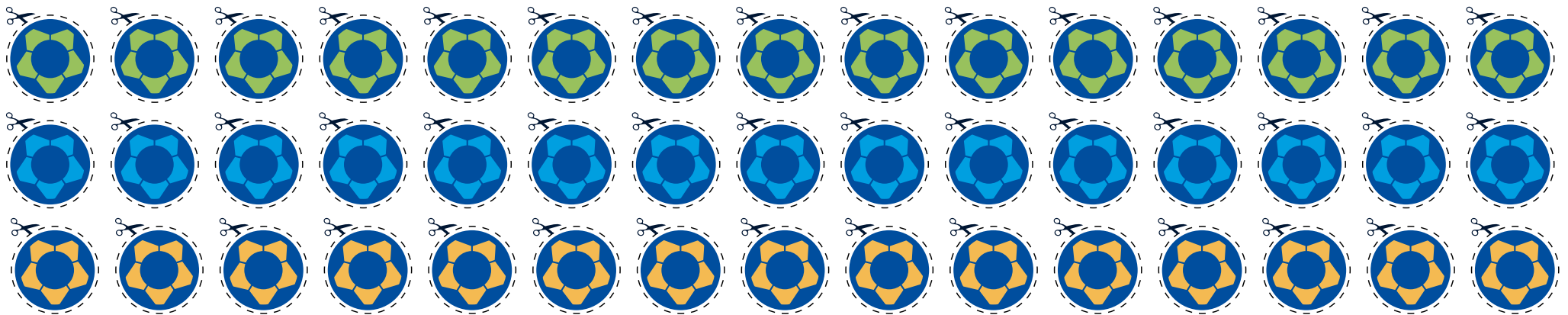
# FOOD FORMATIONS CUT-OUTS

## TASK 1

Create your very own food formation

**Now you've watched our Food Formations video, now it's your turn!**

Task 1 - You're going to create your very own food formation. Cut out the footballs below and use the Fuel Formation activity sheets to create your formations for fuel, protect and repair. If you get stuck, go back and watch the video again to help.










# FOOD FACT SHEET

KS1 | KS2

## ACTIVITY 2




### HIGH FUEL FOODS: (Carbohydrates)

Rice	Pasta	Bread	Baked Potato	Bagel	Cereals	Pretzels
						

### REPAIR FOODS: (Protein, dairy and nuts)

Cheese	Chicken	Eggs	Milk	Fish	Tofu	Steak
						

### PROTECTION FOODS: (Fruit and vegetables)

Blueberries	Raspberries	Strawberries	Oranges	Broccoli	Carrots	Peas
						

# FUEL FORMATIONS

KS1 | KS2



HIGH FUEL

## ACTIVITY 2

### ACTIVITY 2

COACHING POINTS



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### ACTIVITY 1

 **PROTECT**  
Antioxidants

 **BUILD**  
Protein

 **ENERGISE**  
Carbohydrates



# FUEL FORMATIONS

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MID FUEL

## ACTIVITY 2

### ACTIVITY 2

COACHING POINTS



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### ACTIVITY 1

 **PROTECT**  
Antioxidants

 **BUILD**  
Protein

 **ENERGISE**  
Carbohydrates

# FUEL FORMATIONS

KS1 | KS2



## ACTIVITY 2

### ACTIVITY 2

COACHING POINTS



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### ACTIVITY 1

 **PROTECT**  
Antioxidants

 **BUILD**  
Protein

 **ENERGISE**  
Carbohydrates