Every week Manchester United Foundation is going to bring you an activity sheet to work through to keep your mind active and have fun whilst we are all staying at home and staying safe.
1. Wordsearch
Can you find the last 10 Manchester United club captains in our wordsearch?

M A G U I R E A N V
N C G N E Z I Z E I
S W A N U C A C V D
S E A R N O A O I I
T E C E R N Y M L C
K P L F T I J X L V
E A N O O U C X E D
V T N J Z O M K I T
I A R O O N E Y I U
O Q B R U C E N X M

MAGUIRE  VIDIC
YOUNG  NEVILLE
VALENCIA  KEANE
CARRICK  CANTONA
ROONEY  BRUCE

Fun fact
These captains have made 2,560 appearances for Manchester United between them!

2. Around the world
Can you link the current first-team players up to the countries they are from on the map?

1. SCOTT MCTOMINAY
2. VICTOR LINDELOF
3. PAUL POGBA
4. HARRY MAGUIRE
5. BRUNO FERNANDES
6. DANIEL JAMES

3. Crossword

It’s very important to eat healthy food and lead a healthy lifestyle, whether you’re a footballer or a school pupil!

See if you can find all the answers in our healthy living crossword!

**ACROSS**

2. Eating lots of fruit and vegetables helps children to grow and .... (7)

6. You should have .... servings of fruit and vegetables every day (4)

7. Eating too much takeaway food and spending too much time in front of the television is dangerous for your .... (6)

9. The best drink to quench your thirst with is .... (5)

10. 60 minutes of .... activity a day is recommended (8)

11. Fruit juices can contain high amounts of .... (5)

12. Snacks such as chips, sweets and chocolate can cause children to put on excess .... (6)

**DOWN**

1. Children and young people should spend no more than .... hours a day watching TV and playing on the computer (3)

3. Healthy choice snacks can be based on fruit and .... (10)

4. A nutritious drink that is high in calcium is reduced fat .... (4)

5. It is important to lead a .... lifestyle (7)

8. One way to lead to a healthy lifestyle is to switch off the screen and get .... (6)
4. Football shirt fun

Can you do the maths using the shirt numbers of the following Manchester United players?

DE GEA 1 + S. ROMERO 22 =

JONES 4 × DALOT 20 =

RASHFORD 10 + R. FERNANDES 18 =

GREENWOOD - MARTIAL 9 =

JAMES 21 × BAILLY 3 =
5. Design your own kit

Design your own Home and Away kits and football boots.

Home Kit

Away Kit