



Foundation

Activity Challenge

WEEK 3



HEALTHY EATING CHALLENGE

Feeding your favourite footballer!

Feeding your favourite footballer



To be a footballer it's important to have a healthy, balanced diet, and eat foods that will give you energy for training and matches.

Manchester United players come from all over the world, from countries that eat different types of food. So can you design a healthy meal for a player from a different country, making sure it is healthy and fits into a diet for a Premier League footballer?

1. Select your favourite Manchester United player

.....

Why are they your favourite player?

What is their nationality?

.....

What do you know about the country they are from?

2. Can you list five traditional dishes from your player's country?

USE THE BOXES PROVIDED OR A BLANK PIECE OF PAPER IF YOU RUN OUT OF ROOM

1.

4.

2.

5.

3.

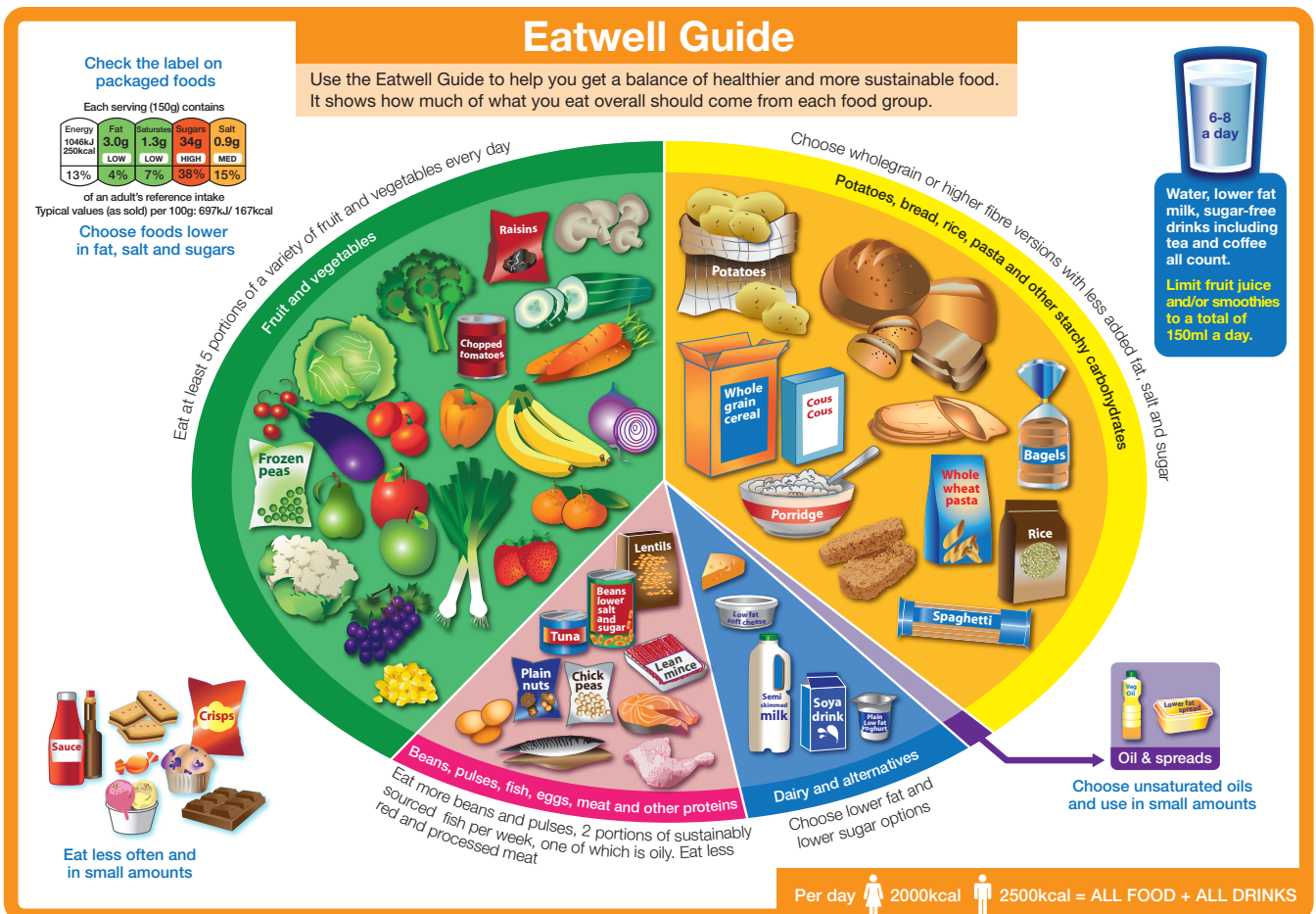
Would you say these meals are healthy?

Could you make any changes to make them fit into a healthy, balanced diet?

3. Can you design your own healthy meal for your favourite Manchester United player?

Think about the food from their country that you have identified above and how you can make it healthy so they are ready for training and matches.

Use the Eatwell Guide below for some examples of what a healthy meal looks like.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

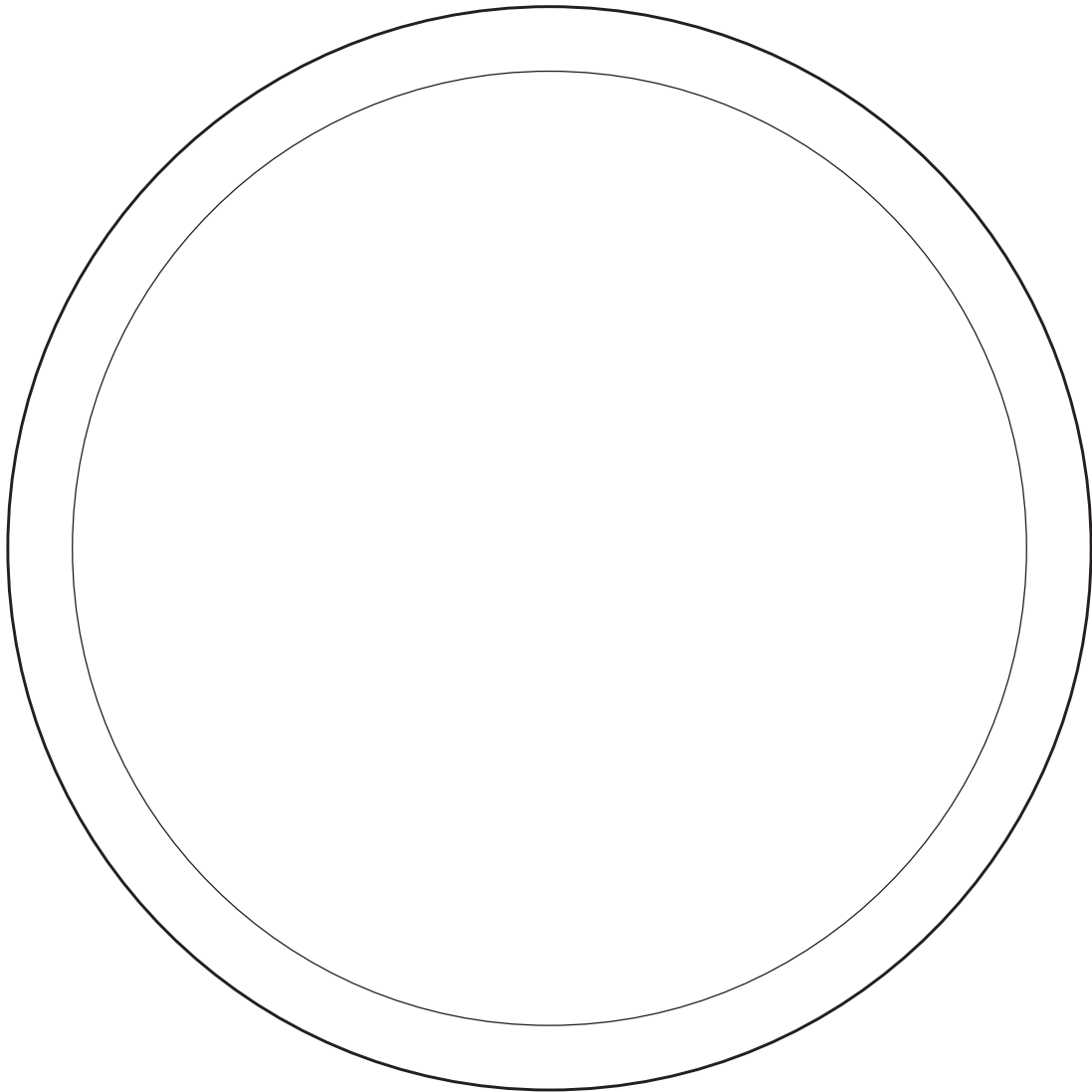
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4. Write a shopping list of ingredients you would need for this dish.

- | | |
|---------|----------|
| 1. | 9. |
| 2. | 10. |
| 3. | 11. |
| 4. | 12. |
| 5. | 13. |
| 6. | 14. |
| 7. | 15. |
| 8. | |

Do you think you can buy everything in your own country?
Would you have to go to any special shops?

5. Draw your dish on the plate below



6. Give your dish a catchy name

Will you name your meal after the footballer or where they are from?

.....

7. Do you think you could make the meal yourself at home?

If you can, make sure you ask for the help of an adult and take a picture of your creation!