



## Food and Fitness Video Guide

The video is just under 30 minutes long.

For maximum impact, it is best viewed on a large screen or a whiteboard.

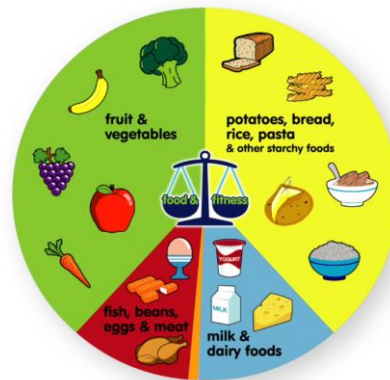
The video involves activity, some of which requires the pupils to be standing, but there are also options to remain seated, which are indicated below. The actions are all done on the spot and do not require the pupils to move around the room. A large space such as an assembly hall is preferable to allow pupils to spread out but the video can also be done successfully in a classroom.

<p><b>Introduction</b></p> <p>Presenters introduce themselves and explain that the presentation is about having a healthy, balanced lifestyle - it's about 'Food and Fitness'.</p> <p>They use a WALT board to explain what the children will learn from the presentation.</p>	
<p><b>Food and Fitness Rap</b></p> <p>Presenters introduce the children to the 'Food and Fitness Rap' for the first time, and ask them to join with the words and actions of the chorus.</p> <p><i>The children can stand up at this point but it is also possible to remain seated.</i></p>	

## Food groups

This section explores the food groups. It includes:

- Why we need food
- The main food groups
- Which foods are included in which food group
- How much of each food group we should eat.



## Food and Fitness rap

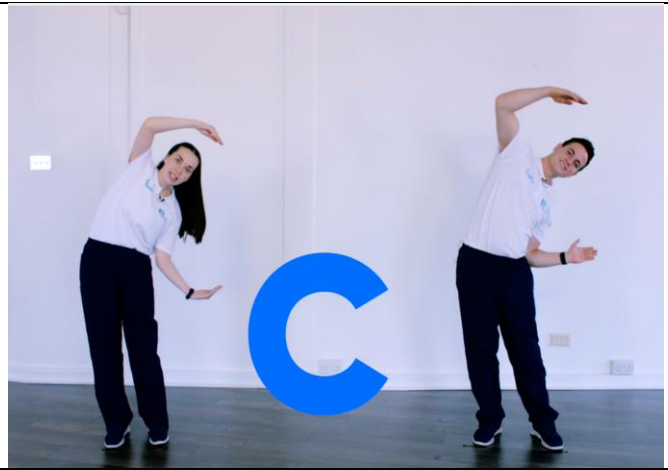
The children join in with the chorus of the rap again.

*The children can stand up at this point but it is also possible to remain seated.*

### Milk and Dairy Food Group

More on the Milk and Dairy Food Group including a game in which the children join in with actions at key words.

*The children can stand up at this point but it is also possible to remain seated.*



### Food and Fitness rap

The children are taken through the whole of the rap. They again follow the words on screen and join in with the actions, this time with music.

*The actions are best done with the children standing.*

### Lifestyle scales

The children are shown the 'Lifestyle Scales' and see that to have a balanced lifestyle they need both food and physical activity.



### Physical activity

The presenters discuss why we need to do some physical activity.

They talk about different activities the children might do which count as exercise.

How much physical activity is recommended and how the children can achieve that during the day.





### Lifestyle scales

The presenters return to the Lifestyle Scales to show the children that by adding physical activity the scales are now balanced.



### Activity Session

The presenters take the children through a fun aerobic activity session set to music.

Actions include swimming, playing tennis, boxing and 'disco fever'.

It begins with a warm up and finishes with a cool down.

*The presenters ask the children to stand up and find some space. All activities are done 'on the spot'.*



**Summing up**

The presenters recap with the children on what they have learnt during the session.



**Food and Fitness rap**

A final Food and Fitness rap with music.