

Healthy Movers

Yum Yum



**Photocopy me to share
with parents and carers**

Parents/Carers

This week we are playing the Yum Yum activity card. The activities will be energetic and get heart's pumping. The activities will help to identify different fruit and vegetables and also sugary snacks they may choose to avoid.

Ask your child:

- ☐ to tell you all about the fruit and vegetables they have learned about;
- ☐ to tell you some types of snacks that contain lots of sugar; and
- ☐ how many fruit and vegetables they should be trying to eat each day (5-a-day), see if they can tell you what they have had each day.



Did you know?



There is sugar lurking in our food: even food that doesn't taste sweet. The average person in Britain has about 140 teaspoons (700g) of sugar a week! * For example, 500ml of cola contains the equivalent of 17 cubes of sugar.

There are lots of different words used to describe sugar: sucrose, glucose, fructose, maltose, hydrolysed starch, invert sugar, corn syrup and honey but they are all different kinds of sugars. Watch out for them on the label.

***Source: National Diet & Nutrition Survey 2008/2009-2011/2012**



Healthy and Happy me

These activities help children learn about the 5-a-day message as part of a healthy diet and reducing sugar intake.



Social me

These activities encourage speaking and listening skills with discussion about fruit, vegetables and sugary foods.



Physical me

The Yum Yum activities provide opportunities for children to move at different speeds and different directions, control objects and practise stability skills.



Creative me

These activities enable children to play with imaginary food; the game is only limited by imagination.



Thinking me

Yum Yum provides children with a chance to plan, predict and make decisions when using the parachutes and pretend foods/drinks.

