

Food gives us energy to grow

living-things

What you need: activity picture cards (running, reading, football, thinking, climbing, drawing, skipping, listening) · needs picture cards (food, water, air, sleep, care) · poster sheet for the class needs poster · markers · sorting mat or hoop label (Food gives me energy for this) · pencils

Words to use

Energy · Needs

Our question

What does every child need to grow and stay well, and why does each need matter?

Words to sort

Running in the yard · Reading a book · Playing football · Thinking hard at maths · Climbing the climbing frame · Drawing a picture · Skipping with a rope · Listening to a story

Pick each activity card, place it on the single mat Food gives me energy for this, and say why food helps you do it. Every card belongs on the mat.

Group 1	Group 2	Group 3

Which part of the school day needs lots of energy from you?

When did food help you feel ready today?

Does thinking in class need energy as well as running outside?

