

WELL-BEING WEDNESDAY: BEAN GAME AND HEALTHY EATING

Today you should try to eat more fruit, vegetables and drink more water.

KS1 Task- Draw a plate and draw what a healthy meal should look like

KS2 Task- Draw a plate and separate the plate into sections for fruits and vegetables, protein, carbohydrates, and fats. After you have created this write down a healthy meal containing each of the food groups.

To keep you active today, How about playing the bean game. Ask someone to be in charge of calling out the names of the beans. Make sure you do the actions! This should get your heart pumping. Then swap the caller!



BEAN GAME

- String bean - stretch up as high as you can
- Broad bean - make yourself as wide as you can
- Runner bean - run on the spot
- Jumping bean - jump on the spot
- Jelly beans - shake your whole body like jelly
- Beans on toast - lie flat on the floor
- Chilli beans - shiver as though you're very cold
- Mr. Bean - shrug your shoulders and make a confused face
- Beanie baby - pretend to suck your thumb
- Bean bags - huddle in a ball on the floor
- French bean - wiggle your hips and say 'Oh La La' in a French accent

