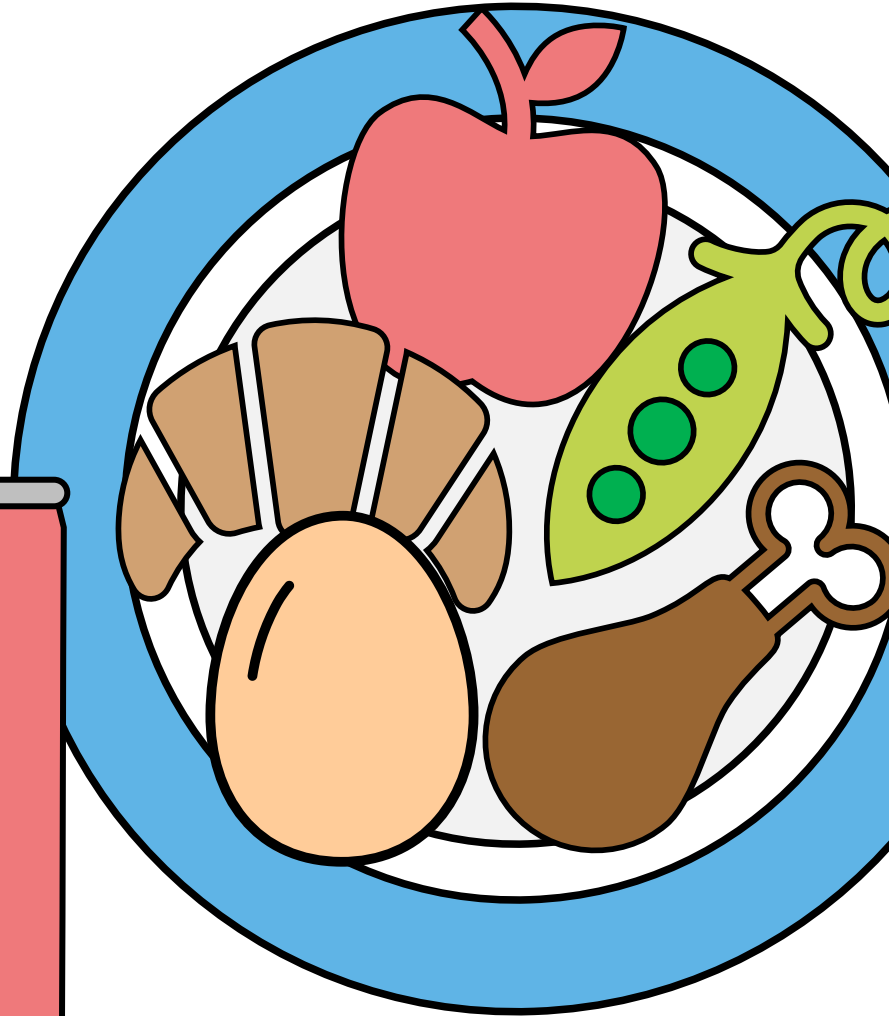
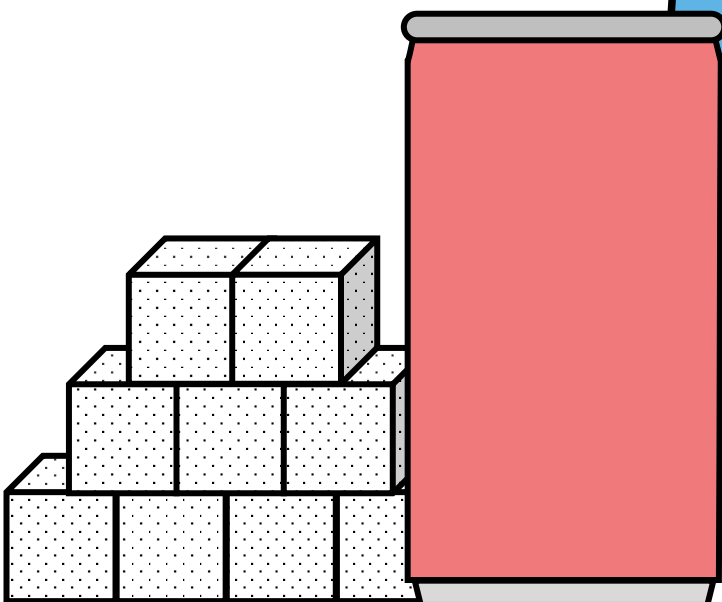


# Making Every Contact Count

across Gateshead



## Food and Games

# Wordsearch

Can you find the 12 fruit and vegetables below?

B	E	H	V	H	C	A	N	I	P	S	A	F
A	G	R	A	P	E	F	R	U	I	T	D	E
G	S	A	N	A	N	A	B	R	B	G	M	S
R	V	P	O	K	G	H	T	E	O	B	V	E
C	U	K	S	D	A	V	F	V	E	R	M	I
U	T	L	O	G	C	L	I	A	F	O	F	R
C	O	H	D	O	I	U	E	P	B	C	T	R
U	E	G	A	P	L	E	P	P	U	C	U	E
M	F	I	C	S	R	O	G	L	V	O	I	B
B	I	T	O	M	A	T	O	E	S	L	E	E
E	U	R	V	T	G	C	S	K	L	I	L	U
R	I	T	A	C	R	A	F	G	T	F	A	L
V	L	S	K	S	T	O	R	R	A	C	F	B

Apple

Avocados

Bananas

Blueberries

Broccoli

Carrots

Cucumber

Garlic

Grapefruit

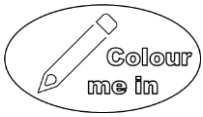
Kale

Spinach

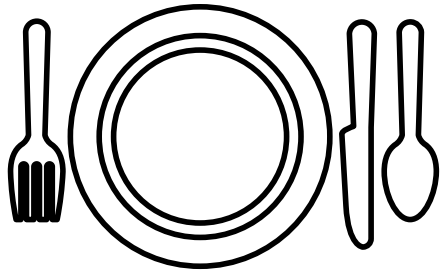
Tomatoes

Aim to eat at least 5 portions of a variety of fruit and veg each day. Choose from fresh, frozen, tinned, dried or juiced. Fruit and vegetables are a good source of vitamins, minerals and fibre.

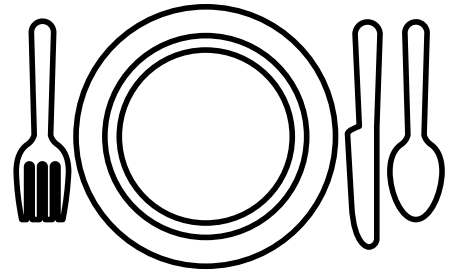




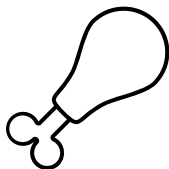
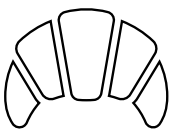
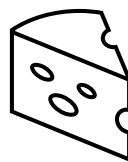
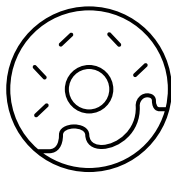
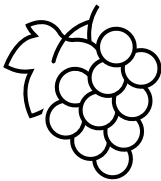
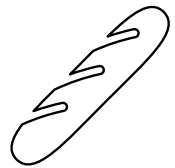
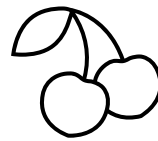
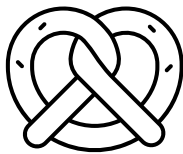
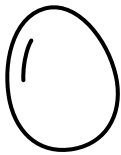
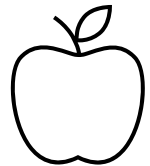
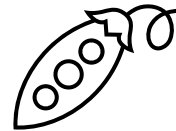
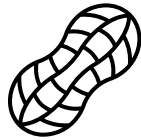
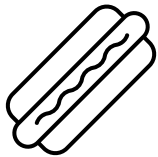
# MATCH THE FOOD TO THE PLATES



Fruit & Veg



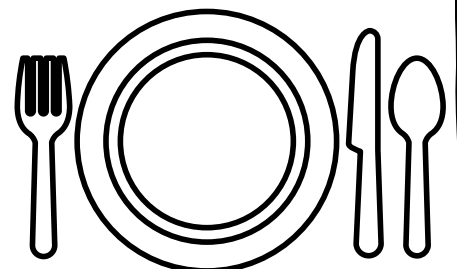
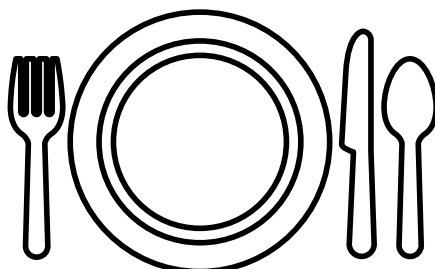
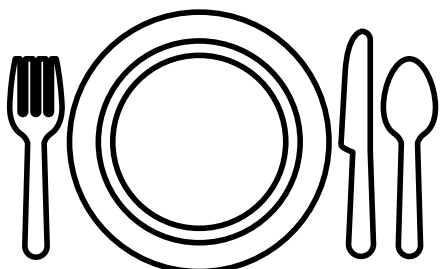
Carbohydrates



Dairy

Fats

Protein



# Wordsearch

Can you find the 12 carbohydrates below?

B	R	P	O	R	R	I	D	G	E	W	P	B
N	G	S	B	A	E	G	E	P	D	R	A	L
I	S	R	E	C	I	R	O	W	B	H	R	L
A	P	A	R	E	P	S	L	R	L	P	C	O
R	A	L	L	D	T	A	E	H	O	I	O	R
G	G	C	E	R	E	A	L	T	L	T	U	D
E	H	O	T	W	D	U	S	C	T	T	S	A
L	E	T	C	R	A	E	R	D	Y	A	C	E
O	T	D	O	A	T	O	B	A	W	B	O	R
H	T	I	U	A	E	B	T	W	U	R	U	B
W	I	A	T	S	R	S	U	H	E	E	S	S
B	L	O	B	B	A	G	E	L	R	A	E	W
A	P	G	H	P	P	S	O	U	C	D	L	U

Bagel  
Bread  
Bread Roll

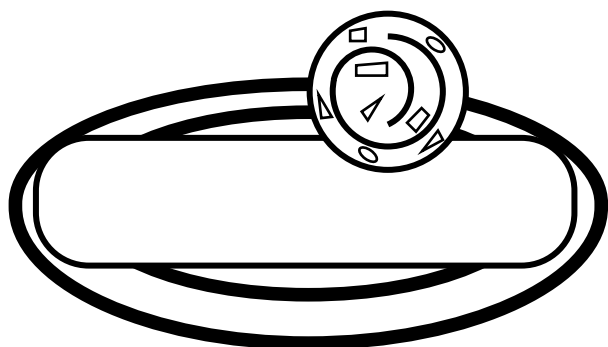
Cereal  
CousCous  
Pasta

Pitta bread  
Porridge  
Potatoes

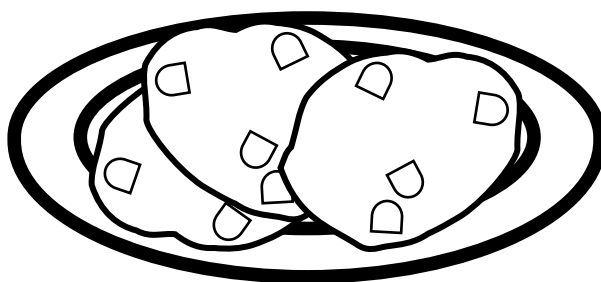
Rice  
Spaghetti  
Whole Grain

Choose higher fibre wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes. Starchy foods are a good source of energy.

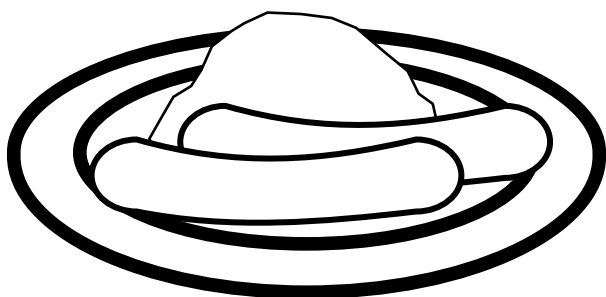




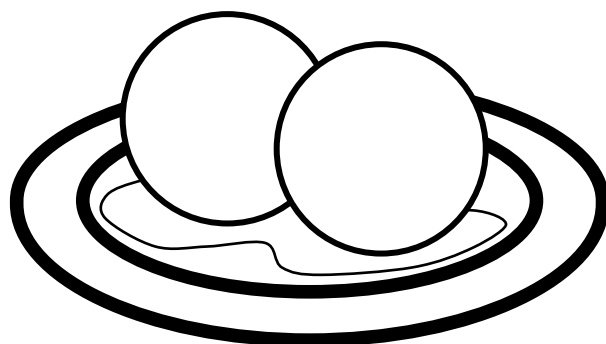
Breakfast burritos



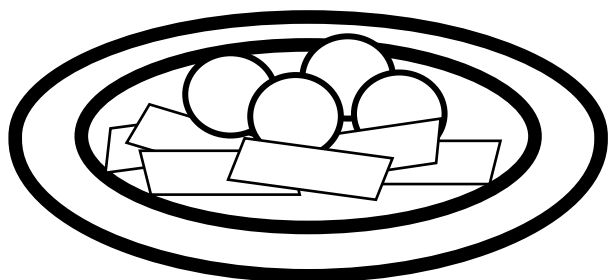
Corn fritzers



Old school sausage 'n' mash



Easy banana ice cream



Meatballs 'n' sauce

RECIPES AT:  
[NHS.UK/HEALTHIER-FAMILIES](https://www.nhs.uk/healthier-families)

# Wordsearch

Can you find the 12 proteins below?

L	C	K	S	A	L	M	O	N	T	A	U	F
T	G	E	O	L	H	G	E	S	P	E	F	A
E	H	B	E	A	N	S	F	A	G	T	H	N
C	I	T	U	N	A	G	U	E	T	K	H	S
N	F	N	M	T	S	C	N	M	K	P	S	C
I	E	A	S	I	H	H	M	N	S	U	I	E
M	M	L	E	N	T	I	L	S	A	L	F	M
N	U	S	T	C	F	C	U	O	S	S	A	T
A	S	L	U	K	T	K	T	G	O	E	N	U
E	T	A	N	H	E	E	G	G	S	S	O	F
L	A	T	E	M	A	N	G	T	T	B	M	I
P	U	P	N	P	L	S	E	S	U	E	U	S
M	I	A	S	T	U	N	N	I	A	L	P	U

Beans  
Chicken  
Eggs

Fish  
Lentils  
Lean Mince

Meat  
Peas  
Plain nuts

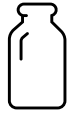
Pulses  
Salmon  
Tuna

Choose lean cuts of meat and mince, and eat less red and processed meat like bacon, ham and sausages. Aim for at least 2 portions of fish every week.

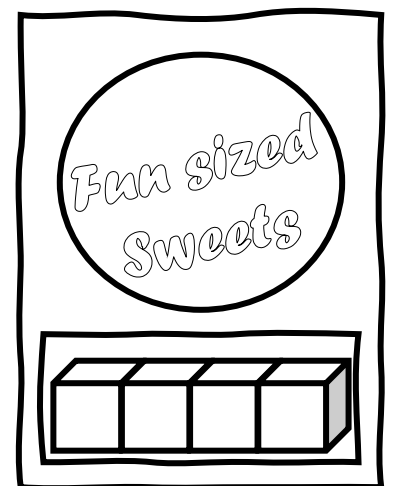
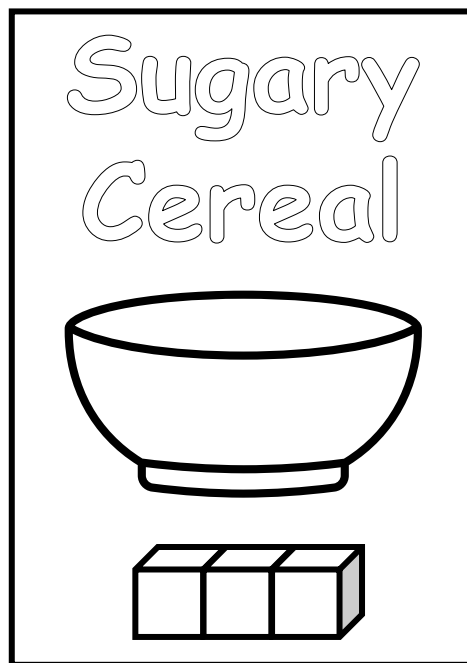
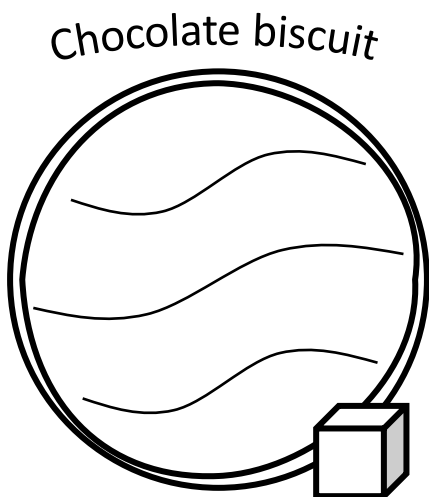
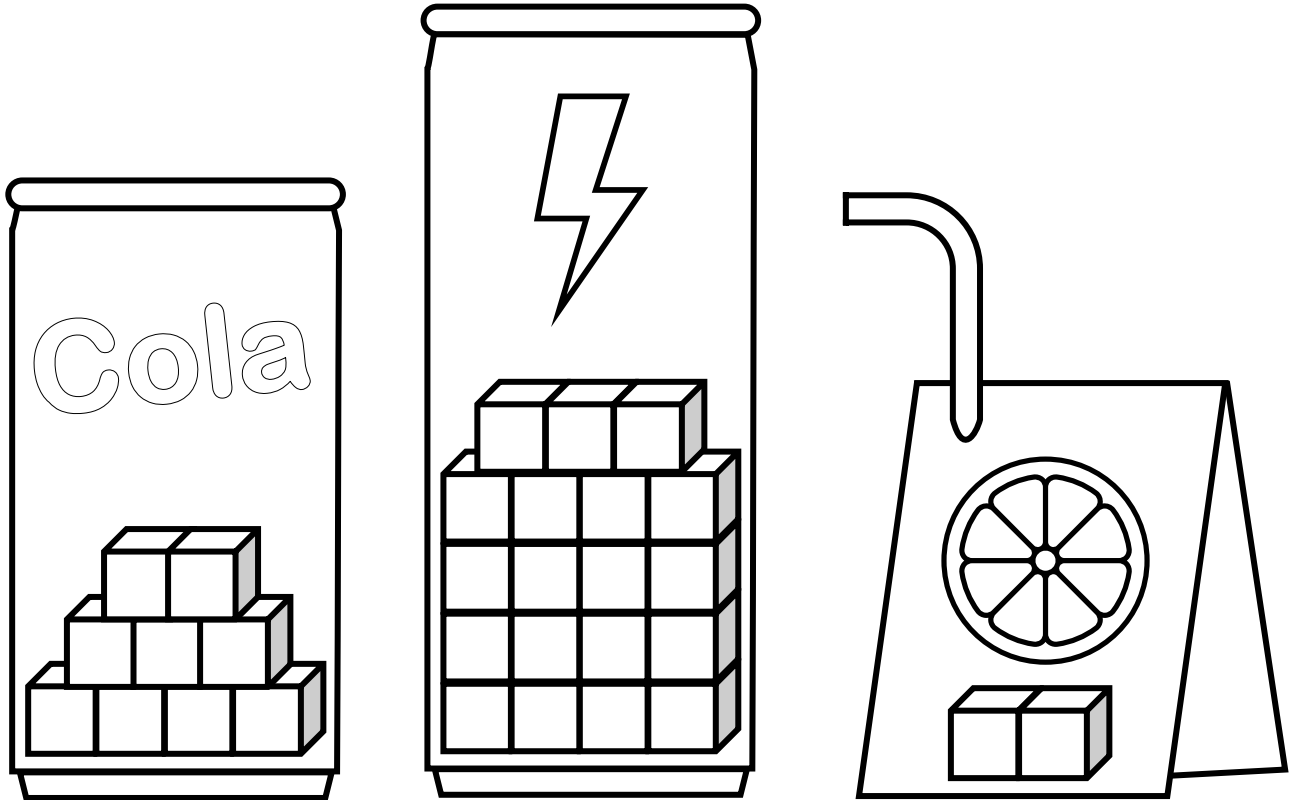




Travel through the maze collecting the food items along the way



# HOW MANY SUGAR CUBES?

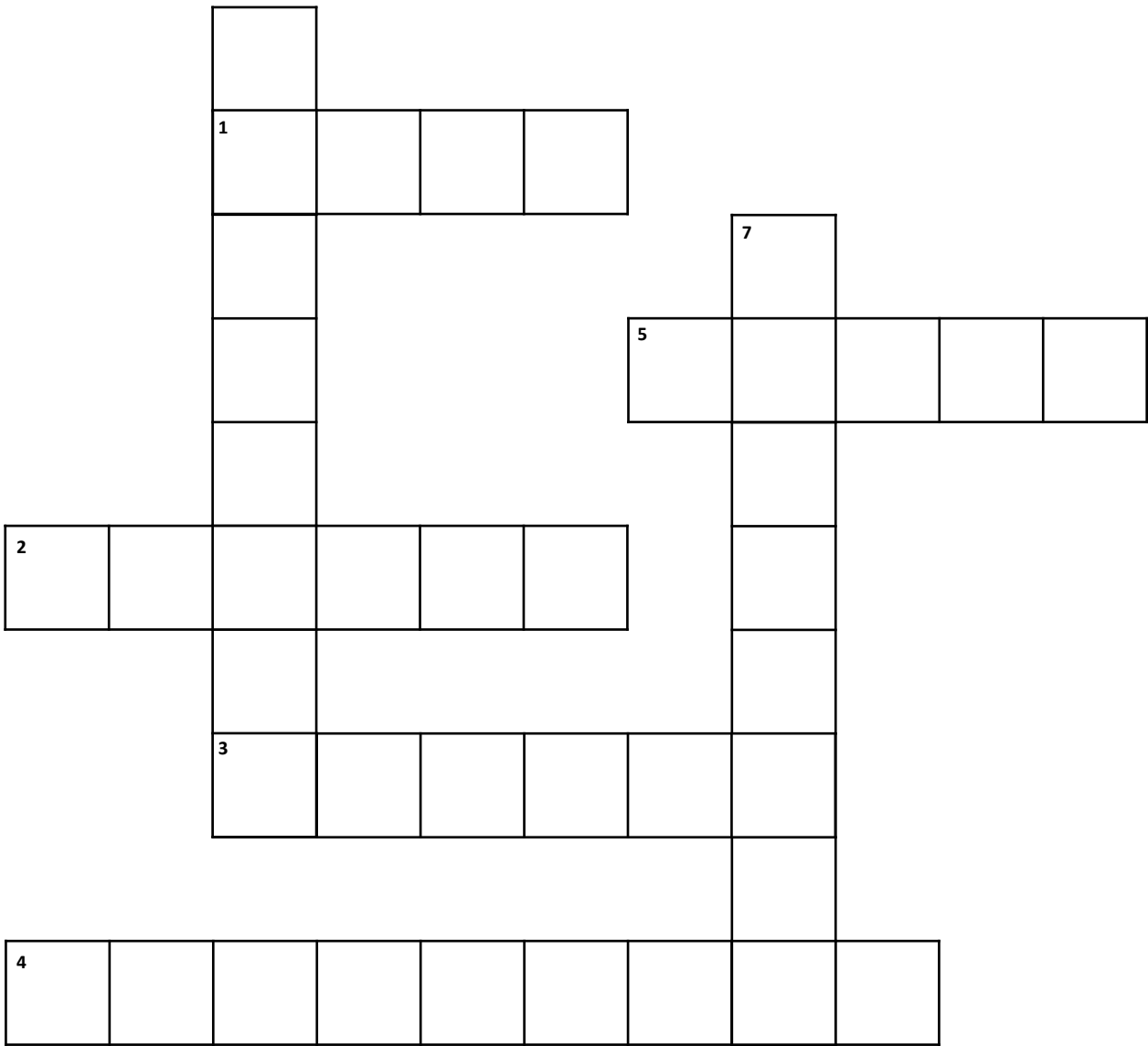


FIND SUGAR SWAPS AT:  
[NHS.UK/HEALTHIER-FAMILIES](https://www.nhs.uk/healthier-families)





# Crossword



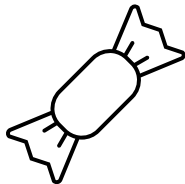
Fill in the blanks using the pictures as a guide to find foods in the fats category

## Across

1



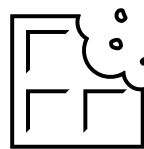
2



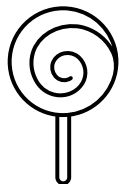
3



4



5

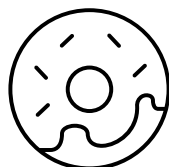


## Down

6



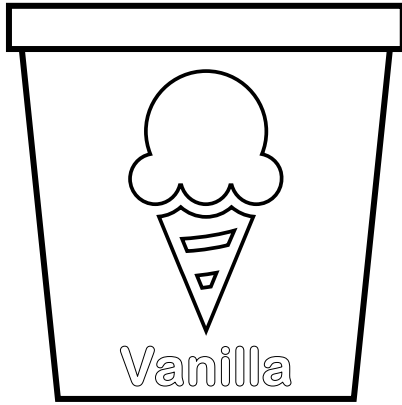
7



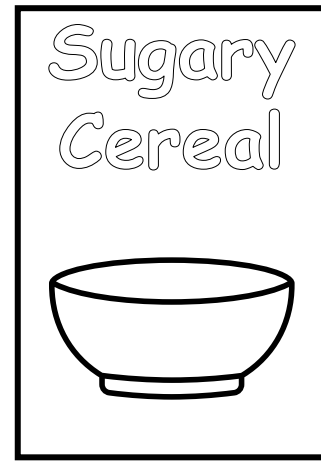
### Fats facts

They're not needed in our diet, so should be eaten less often and in smaller amounts.

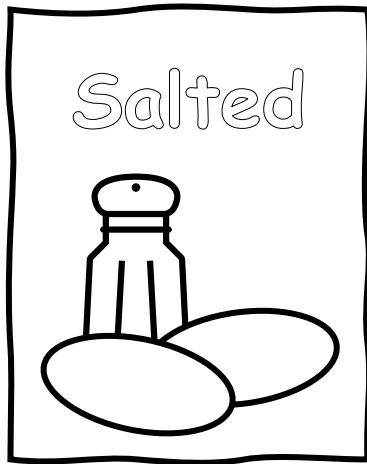




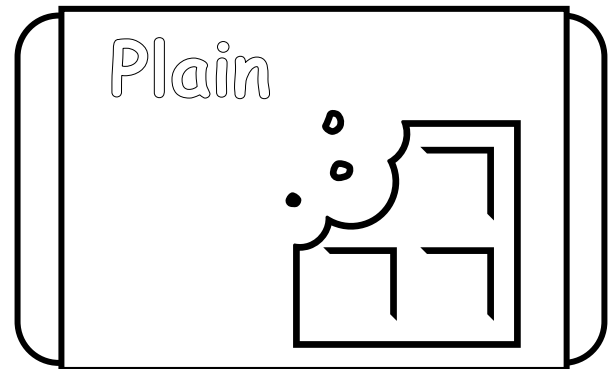
	Per 100g	HIGH	MED	LOW
Fat	7.5g			
sugar	15.5g			
salt	0.11g			



	Per 100g	HIGH	MED	LOW
Fat	0.6g			
sugar	37g			
salt	0.83g			



	Per 100g	HIGH	MED	LOW
Fat	31g			
sugar	0.4g			
salt	1.3g			



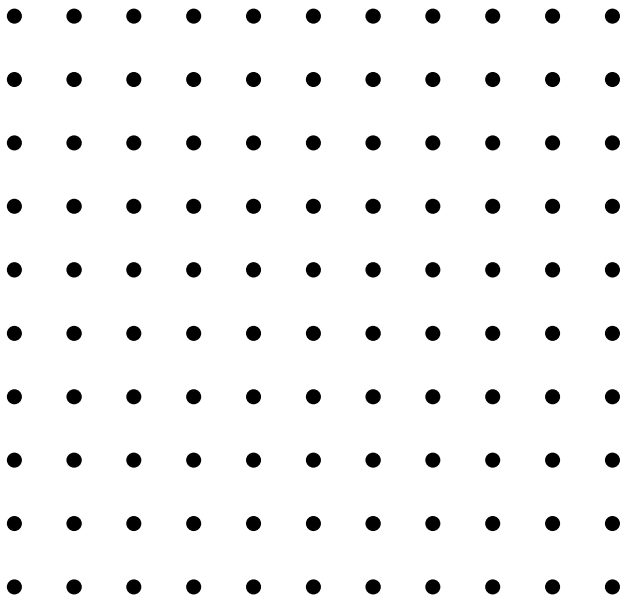
	Per 100g	HIGH	MED	LOW
Fat	30g			
sugar	56g			
salt	0.24g			

Use the food label card below to work out if the foods above are high, medium or low in Fat, Sugar and Salt.

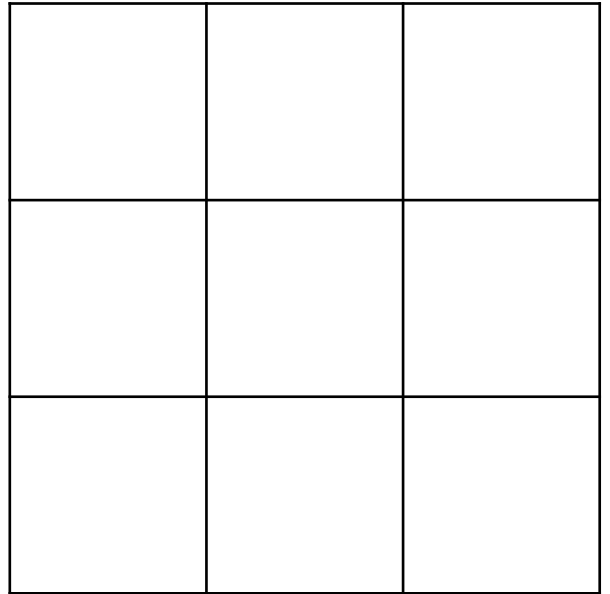
Per 100g			
	HIGH	MEDIUM	LOW
Fat	Over 17.5g	3.1g to 17.5g	3g or less
sugar	Over 22.5g	5.1g to 22.5g	5g or less
salt	Over 1.5g	0.3g to 1.5g	0.3g or less

# Just for fun

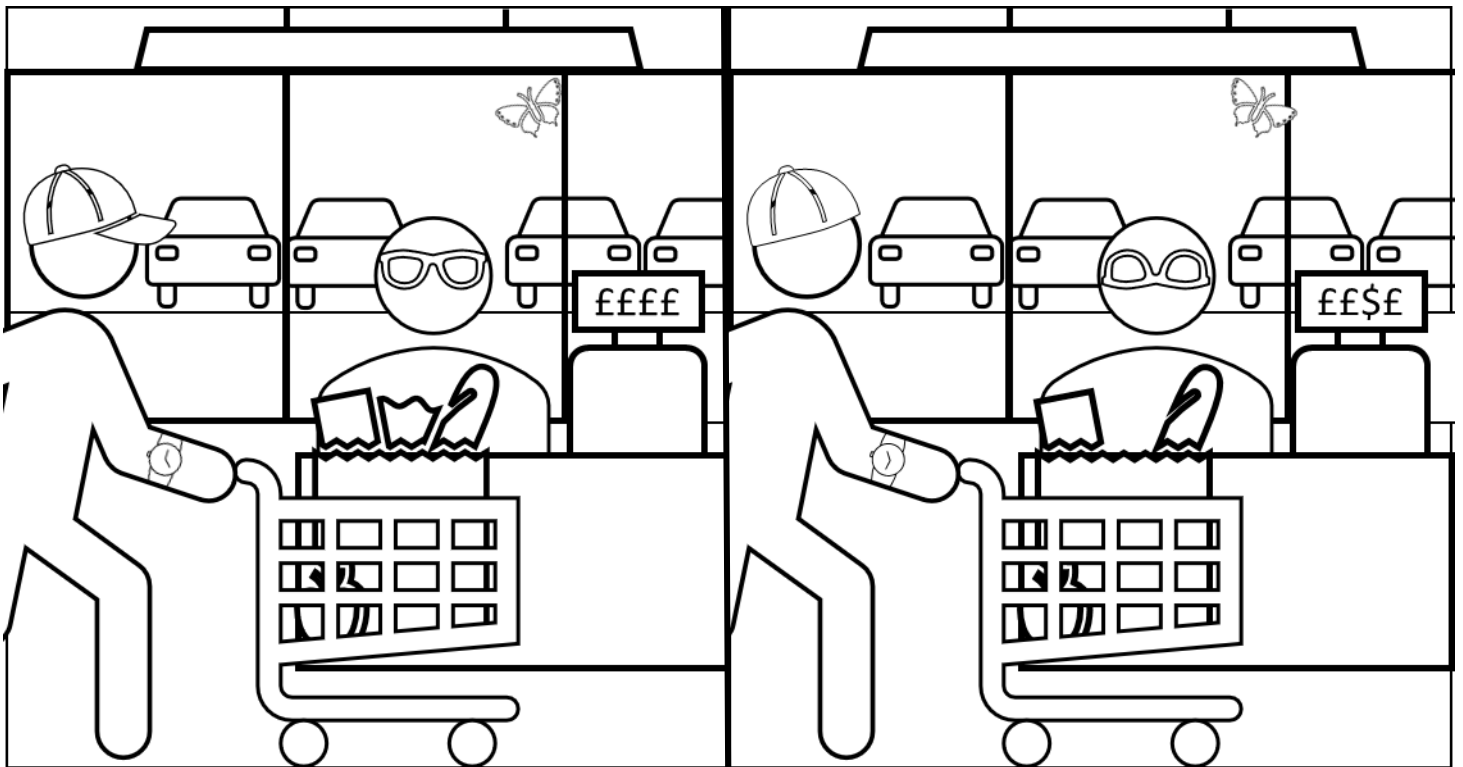
## Dots and boxes



## Xs and Os



Spot the difference – Can you Spot the 6 differences below?



# Local support

## Better Health Gateshead

Gateshead Public Health social media pages where we promote Health Campaigns and help people find local support.

**Facebook:** [www.facebook.com/BetterHealthGateshead](http://www.facebook.com/BetterHealthGateshead)

**Twitter:** <https://twitter.com/BHGateshead>

## Our Gateshead

Discover what's on your doorstep.

[www.ourgateshead.org/](http://www.ourgateshead.org/)



## Growing Healthy 0 -19 service

The role of the 0-19 Growing Healthy Team in Gateshead is to protect and promote the health & wellbeing of children and their families.

**Facebook:** [www.facebook.com/GrowingHealthyGateshead](http://www.facebook.com/GrowingHealthyGateshead)

# Answer Sheet

## Page 2

B	E	H	V	H	C	A	N	I	P	S	A	F
A	G	R	A	P	E	F	R	U	I	T	D	E
G	S	A	N	A	N	A	B	R	B	G	M	S
R	V	P	O	K	G	H	T	E	O	B	V	E
C	U	K	S	D	A	V	F	V	E	R	M	I
U	T	L	O	G	C	L	I	A	F	O	F	R
C	O	H	D	O	I	U	E	P	B	C	T	R
U	E	G	A	P	L	E	P	P	U	C	U	E
M	F	I	C	S	R	O	G	L	V	O	I	B
B	I	T	O	M	A	T	O	E	S	L	E	E
E	U	R	V	T	G	C	S	K	L	I	L	U
R	I	T	A	C	R	A	F	G	T	F	A	L
V	L	S	K	S	T	O	R	R	A	C	F	B

## Page 4

B	R	P	O	R	R	I	D	G	E	W	P	B
N	G	S	B	A	E	G	E	P	D	R	A	L
I	S	R	E	C	I	R	O	W	B	H	R	L
A	P	A	R	E	P	S	L	R	L	P	C	O
R	A	L	L	D	T	A	E	H	O	I	O	R
G	G	C	E	R	E	A	L	T	L	T	U	D
E	H	O	T	W	D	U	S	C	T	T	S	A
L	E	T	C	R	A	E	R	D	Y	A	C	E
O	T	D	O	A	T	O	B	A	W	B	O	R
H	T	I	U	A	E	B	T	W	U	R	U	B
W	I	A	T	S	R	S	U	H	E	E	S	S
B	L	O	B	B	A	G	E	L	R	A	E	W
A	P	G	H	P	P	S	O	U	C	D	L	U

## Page 6

L	C	K	S	A	L	M	O	N	T	A	U	F
T	G	E	O	L	H	G	E	S	P	E	F	A
E	H	B	E	A	N	S	F	A	G	T	H	N
C	I	T	U	N	A	G	U	E	T	K	H	S
N	F	N	M	T	S	C	N	M	K	P	S	C
I	E	A	S	I	H	H	M	N	S	U	I	E
M	M	L	E	N	T	I	L	S	A	L	F	M
N	U	S	T	C	F	C	U	O	S	S	A	T
A	S	L	U	K	T	K	T	G	O	E	N	U
E	T	A	N	H	E	E	G	G	S	S	O	F
L	A	T	E	M	A	N	G	T	T	B	M	I
P	U	P	N	P	L	S	E	S	U	E	U	S
M	I	A	S	T	U	N	N	I	A	L	P	U

## Page 9

1	I												
2	C	A	K	E									
	E												
	C												
	R												
	S	W	E	E	T	S							
	A												
	M	U	F	F	I	N							
	C	H	O	C	O	L	A	T	E				

## Page 10

Ice cream



Sugary Cereal



Salted Crisps



Chocolate



## Page 11

