

# Tasty Tunnel

This activity can be performed with each pod as a group, with space maintained between each pod/group. If using a ball, this should be cleaned before and after the activity.

Pupils stand in groups of 4-5, one behind the other, all facing the same direction. Ensure there is a gap of least an arm's length between pupils.

## Equipment:

A plastic ball or scrunched up ball of paper for each group.

- Starting at the front of the line, pupils pass (not throw) the ball backwards overhead to the pupil behind them.
- When the ball gets to the end of the line, the last pupil runs to the beginning of the line, says the name of a fruit or vegetable and starts passing it again from the front.
- When pupils become more confident with the activity, progress to passing the ball through the legs.

## Learning across the Curriculum

This Bizzy Break can be used as a starting point to explore **food and nutrition**. You might like to try the below activities.

### Maths

**Strand:** Early mathematics activities  
**Strand Unit:** Classifying/Matching

- Sorting foods into 'every day' and 'not every day' foods for a balanced diet (refer to HSE *Healthy Food for Life* Food Pyramid).
- Matching the food with the source or qualities.

### SPHE

**Strand:** Myself  
**Strand Unit:** Taking care of my body

- Exploring the importance of food for growth, development and keeping healthy.
- Discussing what a balanced diet means.