

Tasty Tunnel

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 beanbag, ball or scrunched up piece of paper for each group.

- Starting at the front of the line, pupils pass (not throw) the beanbag or ball backwards overhead to the pupil behind them.
- When the beanbag or 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 beanbag or 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.