

## Worksheet 7A: Fuel For Your Day



Like any car or machine, your body requires good quality fuel. Food is the body's fuel. Good food gives the body the energy to do all the things you want to do, like running around with your friends and playing sports. Your body, like any machine, needs to be minded and treated with good care to work to its best. Treating your body well means eating well and getting lots of exercise.

1. Make a list of all the foods you ate yesterday and the activities you did.

Food I ate	Exercise I did

2. There are many foods that are good for us and many that are not. Foods or drinks that contain a lot of sugar should only be taken as treats (once or twice a week).

3. Write whether these foods are a healthy food or a treat.



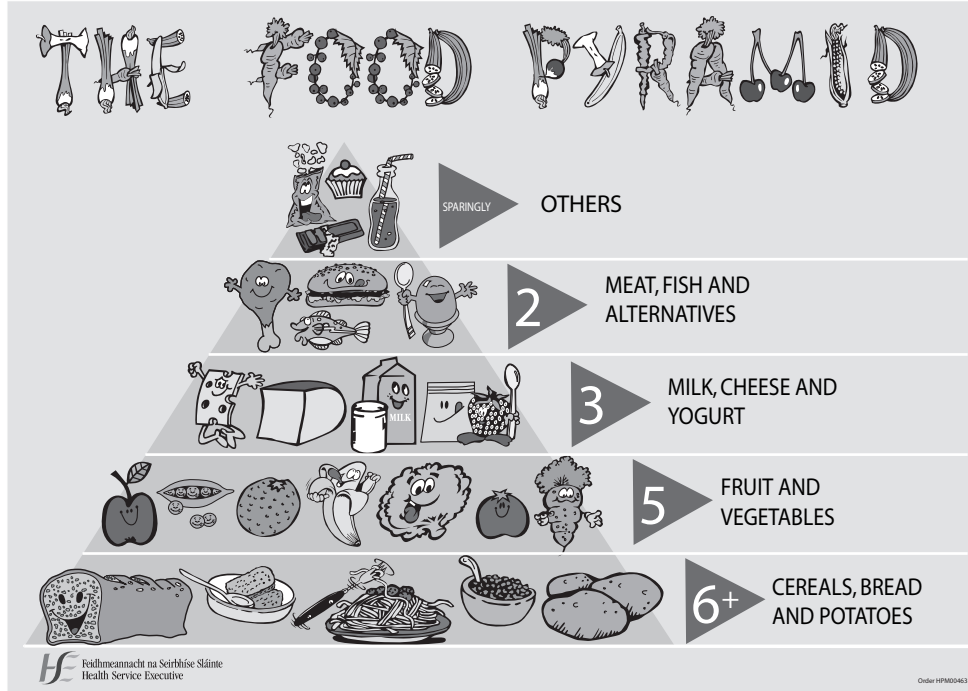
# 7 SPHE

PUPIL WORKSHEETS 7A - 7F

PUPIL WORKSHEETS

## Worksheet 7B: Healthy Eating

The healthy eating guide helps you to choose what you should eat. You need to eat different types of food so that you get all the right vitamins. If you eat a healthy diet you will have plenty of energy for playing hurling, camogie, Gaelic football, handball, rounders or your favourite hobby.



1. Why is it important to choose a healthy diet?

2. The foods I should eat most of are:

3. The foods I should eat least of are:

4. Plan your healthy meals for tomorrow using this grid.

Breakfast	
Snack	
Lunch	
Snack	
Dinner	

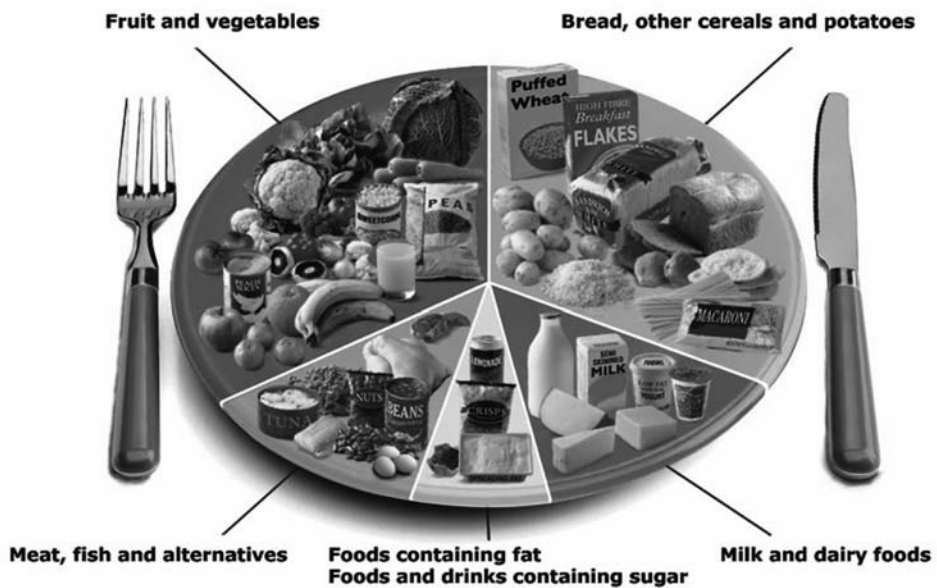
Don't forget you need to drink lots of water during the day to keep you fit.



## Worksheet 7C: Healthy Eating

The healthy eating guide helps you to choose what you should eat. You need to eat different types of foods so that you get all the right vitamins. If you eat a healthy diet you will have plenty of energy for playing hurling, camogie, Gaelic football, handball, rounders or your favourite hobby.

### The Balance of Good Health



**There are five main groups of valuable foods**



1. Why is it important to choose a healthy diet?

2. The foods I should eat most of are:

3. The foods I should eat least of are:

4. Plan your healthy meals for tomorrow using this grid.

Breakfast	
Snack	
Lunch	
Snack	
Dinner	

Don't forget you need to drink lots of water during the day to keep you fit.



# 7 SPHE

PUPIL WORKSHEETS 7A - 7F

PUPIL WORKSHEETS

## Worksheet 7D: Be Wise - Exercise

Exercise is good for our health. It makes us look good and feel fit. There are lots of ways you can be active in and around your home:

- Put on some music and dance!
- Spend time playing games, such as chasing, hide-and-seek, hopscotch or skipping.
- Practice your hurling or camogie skills by hitting the ball against the wall.
- Join your local GAA club.

1. How many of these things do you do?

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Walk to school          | <input type="checkbox"/> Ride your bike | <input type="checkbox"/> Go for a walk with your family |
| <input type="checkbox"/> Play hurling/camogie    | <input type="checkbox"/> Rollerskate    | <input type="checkbox"/> Skip                           |
| <input type="checkbox"/> Run around at breaktime | <input type="checkbox"/> Play handball  | <input type="checkbox"/> Athletics                      |

2. Which of these things do you like most?

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3. Why?

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4. Who is your favourite GAA star?

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5. Draw a picture of him/her in the box.

WORKSHEET

7D



## Worksheet 7E: Safety First



Whatever we do and wherever we go there are rules that keep us safe. On the GAA field the referee makes sure the rules are followed. We must always treat the referee and other players with respect.

1. Draw pictures to show safety first rules.

On the road

Riding a bike

Practicing camogie

In the playground

Playing hurling

In the car

2. Choose two of the rules above. Describe what could happen if you didn't follow the rules.

I. \_\_\_\_\_  
\_\_\_\_\_

II. \_\_\_\_\_  
\_\_\_\_\_

3. You too can learn how to become a referee. Ask your teacher about **The Young Whistler Programme**.



# 7 SPHE

PUPIL WORKSHEETS 7A - 7F

PUPIL WORKSHEETS

## Worksheet 7F: GAA Player Profile

1. Choose your favourite GAA star and fill in this profile. You could use [www.cul4kids.com](http://www.cul4kids.com) to help you.

Name:	Age:
Eye Colour:	Hair Colour:
Sports Played:	Club And County:
Position:	
Achievements:	
Picture/Photograph:	

2. Why do you like this player? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

WORKSHEET

7F

