



The right formula

Taking driving into the classroom

Fitness and Nutrition – Theme 8: Fuel for the body

Activity 8a

The right fuel for top performance

Food is the fuel of the body. Like fuel in cars, the correct mix is needed for optimum performance.

- Create a 3D model illustrating the 'eating for health' concept (see **Factsheet 8a: Eating for health**). This shows visually how much of each food group we need for a healthy and balanced diet.
- Depending on the size of the model, use actual samples (non-perishable food only), models, or a combination of both.
- Models can be made out of plaster, plasticine, wood, paper (using the papier-mâché technique) or plastics (Plastazote foam is an excellent modelling material with thermoplastic qualities).
- Colour the models before attaching on to a round base board which has been divided into food group areas.
- Organise a presentation and explain the basics of healthy eating using the model as the 'core' of the presentation.

Class organisation

In pairs or in small
groups

Resources

Factsheet 8a:
Eating for health