

Session 11 (Numeracy): Food Detectives



WARM UP - YOU WILL NEED...

- Pencil and paper
- Ruler
- Rubber
- Coloring pencils
- Felt tips

OR...

- An iPad with relevant app:



MATCH

In this session your child will make and play with their very own Top Trump playing cards.

Ask your child to think about a rugby player's diet. **Which foods would be good for a rugby player to eat? Which foods are not so good? Why?**

Choosing from foods and drinks you have available in your home, ask your child to estimate the amount of carbohydrates, protein, fat and sugars in each food. Make a note of their guesses somewhere!

Having discussed and estimated the nutritional information on the packets and decided if the item would be good for a rugby player to eat or drink, now ask your child to create Top Trump cards to showcase each item's nutritional information.

Your child might like to use the app 'Comic Life 3' to create their Top Trumps.

COOL DOWN

Now your child's cards are made, try playing them with people in your household.

SHARE

Please feel free to share your child's Top Trump cards on Twitter tagging **@premrugby**, your Premiership Rugby Club and use **#ChampionsAtHome**

EXAMPLE

Click the images below to view an example and template nutritional Top Trump cards.

