



SCORING FOR Health





SCORING FOR Health

*This
Scoring for Health-workbook
is from _____*

.....
.....





Sport and exercise are cool

Introduction:

It's good to see that you are participating in Scoring for Health and that you've signed the healthy lifestyle contract with your teacher. Are you able to keep up with the contract? Of course, you already know that sports are cool and fun and also that taking part in sports is important for your health. It is good for your heart, blood vessels, lungs and muscles. You feel better and fitter when you exercise and it's good to exercise for at least 60 minutes per day.

- Not just for doing sports but being active in general, is good for your health;
- All kinds of activity are good for you including cycling, walking, dancing but also just playing outside for example;
- By exercising and playing outside, you also get to make new friends;
- By exercising you can combat a lot of diseases such as diabetes and heart problems.

Tips

- Go play outside more often instead of sitting at home behind the computer;
- Most people are very passionate about Football. But maybe you think that another sport is more fun such as tennis, swimming or any other sport. As long as you do sports and are active;
- Most sports are not expensive, check with your parents or friends who do sports;
- To maintain your health at a good level, you must be active for more than an hour every day.

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MEET THE PHYSICAL ACTIVITY GUIDELINES

Assignment:

Ultimately the goal is to exercise for at least 60 minutes every day. You will first go and look at how many minutes you are now physically active. Complete the following schedule for lesson 2:

If you cycled for 10 minutes on Monday, then write 10 under the heading 'cycling'. If you have not walked at all, then write 0 under the heading 'walking'. Proceed in the same manner. At the end, you write down the total number of minutes under 'total'.

Take this worksheet back to school with you next week for lesson 2. In lesson 10 you will need to fill out the sheet again and compare and discuss the results of lesson 1 and lesson 10.

Tips

- CYCLING** : Take your bike to school, do groceries by bike or cycle to a friend's house;
- WALKING** : You can, of course, walk to school or walk extra long with the dog;
- PHYSICAL MOVEMENT** : Take the stairs more often instead of the elevator, go outside and play a game of tag or turn on the radio and go and dance;
- SPORTS** : Go exercise! You don't have to attend a training session from a club or be at the gym, you can also go for a run or play football with friends;
- HOUSE AND GARDEN** : Ask your parents if you can Hoover, wash the car or clean the windows. This is not only good for your number of minutes of exercise but your parents will also appreciate it when you do such chores.

| DAYS |  CYCLING |  WALKING |  PHYSICAL MOVEMENT |  SPORTS |  HOUSEHOLD ACTIVITY | TOTAL |
|------------------|---|---|---|--|--|---------------|
| Monday | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES |
| Tuesday | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES |
| Wednesday | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES |
| Thursday | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES |
| Friday | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES |
| Saturday | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES |
| Sunday | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES |

CHOOSE THE GROUP GOAL

“Before the season kicks-off, we will sit together as a team and think about a group goal. Football players want to win as many matches as possible. But of course, the group goal has to be realistic. My goal is to improve myself, to stay fit and to finish the season in the top ranks of the league. Furthermore, I would like to break my personal record regarding the kilometres run within one game. How about you?”

Write down 3 goals for yourself?

Example: I want to cycle or walk to school every day.

1

2

3

Write down two goals that we can improve with the class?

1

2

What goal is the best according to you? Write it down below:

.....

.....

.....



KICK-OFF DAY

Now you will start with the Scoring for Health project. With your entire class, you are going to have a fun day of (sports) activities.

In Lesson 1, you determined your personal goals and which goals you can improve with your class. In this lesson, you will put them on paper and sign a contract. In addition to the contract, there will be a lot of sports activities organized to participate in this lesson.



Healthy Football League

Have you ever dreamt of becoming the champion of Europe? Would you like to compete with the biggest clubs in world football and do you want to show that you are the fittest of all? Now is the time to prove it!

The Healthy Football League is an online, app-based, competition that encourages fans, school children, and other people to exercise and pursue the benefits of maintaining a healthy lifestyle. The Healthy Football League uses the inherent rivalry between football fans to motivate them to get physically active. You can now sign up for your Scoring for Health football club and join the Scoring for Health group. You will now compete with other children who also participate in the Scoring for Health program in who is the fittest of all. Every time you go outside to walk or to exercise, you can turn on the app and it will register the amount of distance you have run, how many steps you have done, or how many calories you have burned. Every time you exercise you score points and the more points you score; how higher you will be on the international ranking. Join now and become the fittest Scoring for Health participant!

If you want to join the Healthy Football League, you can scan the QR code on this page.

Android (Google play)



iPhone (App store)



THE 4SS TEST

Now you will start with the Scoring for Health project. With your entire class, you are going to have a fun day of (sports) activities.

In Lesson 1, you determined your personal goals and which goals you can improve with your class. In this lesson, you will put them on paper and sign a contract. In addition to the contract, there will be a lot of sports activities organized to participate in this lesson.

| | LEVEL III 6.0 YEARS | LEVEL IV 7.0 YEARS | LEVEL V 8.0 YEARS | LEVEL VI 9.0 YEARS | LEVEL VII 10.0 YEARS | LEVEL VIII 11.0 YEARS | LEVEL IX 12.0 YEARS |
|--|--|--|--|--|--|--|---|
| Standstill | Stand on one leg | | | | | | |
| | 13 seconds | 20 seconds | 25 seconds | 30 seconds | 40 seconds | 5 seconds with closed eyes | 10 seconds with closed eyes |
| MOST SKILLFUL LEG <input type="radio"/> LEFT <input type="radio"/> RIGHT | | | | | | | |
| | 10 seconds | 15 seconds | 20 seconds | 25 seconds | 35 seconds | 3 seconds with closed eyes | 5 seconds with closed eyes |
| OTHER LEG <input type="radio"/> LEFT <input type="radio"/> RIGHT | | | | | | | |
| Jumping 1 | Hop over 9 meters | | | | | | |
| - Strength - | 15 x about 9 meter | 12 x about 9 meter | 10 x about 9 meter | 9 x about 9 meter | 8 x about 9 meter (<1.40) | 7 x about 9 meter (<1.50) | 5 x about 9 meter (<1.60) |
| MOST SKILLFUL LEG <input type="radio"/> LEFT <input type="radio"/> RIGHT | | | | | | | |
| | 10 x about 9 meter | 15 x about 9 meter | 12 x about 9 meter | 10 x about 9 meter | 9 x about 9 meter (<1.40) | 8 x about 9 meter (<1.50) | 6 x about 9 meter (<1.40) |
| OTHER LEG <input type="radio"/> LEFT <input type="radio"/> RIGHT | | | | | | | |
| Jumping 2 | Bounce | | | | | | |
| - Coordination - | 16 x Hop | 16 x Switch jump | 16 x Spread-cross without changing feet position | 16 x Spread-cross front Spread-cross back | 16 x Spread-cross front Spread-cross back Clapp on cross | 16 x Switch jump Switch jump Spread-close | 16 x Spread-close Clap on spread |
| | | | | | | | |
| Bouncing | Bounce | | | | | | |
| | Bounce 15 x with preferred hand <input type="radio"/> LEFT <input type="radio"/> RIGHT | Bounce 15 x with the other hand <input type="radio"/> LEFT <input type="radio"/> RIGHT | Dribbles through 6 pylons placed in a circle in 30 seconds | Dribbles through 7 pylons placed in a circle in 30 seconds | Dribbles through 8 pylons placed in a 8-figure in 30 seconds | Dribbles through 9 pylons placed in a 8-figure in 30 seconds | Bounce 15 x without looking at the ball |
| | | | | | | | |

THE YO-YO TEST



Please fill in your name and the Level you were not able to continue the test.

MY NAME IS:

LEVEL:

THE COOPER TEST



Please fill in your name, distance and/or amount of rounds.

MY NAME IS:

DISTANCE

METERS

HEALTHY BREAKFAST

Introduction

A healthy breakfast is very important to feel fit and healthy. Footballers eat a healthy breakfast every morning so that they have enough vitamins and minerals to attack the day. Besides being healthy, breakfast can also be fun when you have it together with your family. Below we have indicated what to pay attention to when having your breakfast so that you can execute your contract even better.

Research has been done in the States showing that if you eat in the morning you will make fewer mistakes and be much more alert during the day.

CONCLUSION: EAT WHEN YOU GET UP!

- Having breakfast ensures that your digestive system works after a night of rest;
- If you do not have breakfast, you will soon feel like you want to grab some sweets or snacks. A good breakfast ensures that you start the school day without feeling hungry;
- A good breakfast consists of enough fibre (bread, rusk, breakfast cereals), a dairy product (milk, yoghurt, cheese) and a drink (water, fruit juice)

What is a good breakfast?

There are a few basic products that make the first meal of the day a good breakfast. Make a choice every morning from:

- Grain products: bread, cereal;
- Soft margarine or low-fat margarine;
- Milk and milk products (semi-skimmed/lean), cheese (also think about the 30+ and 40+ types) and meat products (introduce variation in the types that contain less and more fat);
- Fruit.

A good breakfast

When you get up in the morning, you have not eaten for a long time but your body continues to work. People have fat tissue (a kind of reserve for the body), which the body uses when you sleep but despite this fat tissue you must eat something in the morning. Carbohydrates are the most important ingredient for breakfast because they give energy quickly and this is important when you get up in the morning.

A grain product belongs to a good and healthy breakfast and bread is an important example of this. If we take a closer look at the sandwich, it turns out that bread is the most important supplier of nutrients that are indispensable for the proper functioning of the body.



What do you eat for breakfast?

Circle what you eat. Which group does it fall under?
 Are you doing a good job, or maybe you can choose something else more often?
 Then try something from a different group.

| GROUP 1 | GROUP 2 | GROUP 3 |
|--|--|---|
| YOU CAN EAT OR DRINK THIS OFTEN | DON'T EAT OR DRINK THIS TOO OFTEN (MAX 1X PER DAY) | EAT OR DRINK THIS AS LITTLE AS POSSIBLE (MAX 1 PER WEEK) |
| WHOLE GRAIN BREAD, WHOLE GRAIN BISCUIT, RYE BREAD | BROWN BREAD, WHITE BREAD, CURRANT BUN, BAGUETTE | GROISSANTS |
| OATMEAL, WHEATIES, MUESLI | CORNFLAKES | BREAKFAST CEREALS WITH SUGAR, SUCH AS CHOCO POPS OR MUESLI |
| EGG, COTTAGE CHEESE, BANANA, STRAWBERRY, CUCUMBER, TOMATO | APPLE SYRUP, JAM | CHOCOLATE MILK, CHOCOLATE PASTE |
| BUTTERMILK, SKIMMED MILK, SEMI-SKIMMED MILK | CUSTARD | FULL MILK, WHIPPED CREAM, CREAM PUDDING |
| CHEESE 20+ OR 30+, PROCESSED CHEESE 20+ OR 30+ | JAM | BRIE, CHEESE 48+, CREAM CHEESE 48+, CAMEMBERT 45+- CHANGE IT ACCORDING TO YOUR REGION/COUNTRY |
| PEANUT BUTTER | HAM, CHICKEN BREAST, TURKEY FILLET AS A SANDWICH TOPPING | BACON, SANDWICH SAUSAGE, LIVER SAUSAGE, SALAMI |
| LOW-FAT MARGARINE | MARGARINE | BUTTER, DAIRY BUTTER, CHOCOLATE BUTTER |
| ALL TYPES OF FRESH FRUIT, FROZEN FRUIT, TINNED FRUIT IN WATER OR OWN JUICE | FRUIT PUREE WITHOUT ADDED SUGAR | FRUIT IN CAN OR JAR IN SYRUP |

Breakfast Quiz

Breakfast is of course very important!

Most people have breakfast with bread. So we made up a small quiz based around that. This quiz is also fun for children who eat something different at breakfast. **You must circle the right answer.**

Question 1

WHICH BUTTER CONTAINS THE LEAST FAT?

- a) margarine
- b) low-fat margarine
- c) full-cream butter

Question 2

WHICH VITAMINS ARE THERE IN BREAD?

- a) Vitamin B1 and B6
- b) Vitamin D and B12
- c) Vitamin A and C

Question 3

WHAT IS IMPORTANT TO EAT AT BREAKFAST?

- a) Carbohydrates because they give energy quickly
- b) Fat because it provides a better resistance of the body
- c) Proteins because they make you wake up faster

Question 4

WHAT IS THERE NOT SO MUCH OF IN BREAD?

- a) iron
- b) carbohydrates
- c) fat

Question 5

EVERYTHING COUNTED TOGETHER (KNEADING, RISING AND BAKING) HOW LONG DOES IT TAKE TO MAKE A BIG LOAF OF BREAD?

- a) 1 hour
- b) 45 minutes
- c) More than 3 hours

Question 6

WHICH CHEESE IS THE HEALTHIEST?

- a) 20+ cheese
- b) 30+ cheese
- c) 48+ cheese

Question 7

WHOLE GRAIN BREAD IS BAKED FROM...

- a) Wheat flour, rye flour, oatmeal
- b) Wholemeal flour
- c) From flour for which the whole grain (corn, germ and bran) is used

Question 8

WHAT PERCENTAGE OF THE RECOMMENDED DAILY ALLOWANCE DOES A GOOD BREAKFAST AVERAGE?

- a) 10-15%
- b) 5-10%
- c) 15-20%

Question 9

HOW MANY SLICES OF BREAD SHOULD YOU EAT PER DAY ACCORDING TO THE INFORMATION FROM THE OFFICE FOR NUTRITION?

- a) 1-2 sandwiches per day
- b) 3-5 sandwiches per day
- c) 6-8 sandwiches per day

Question 10

IF YOU DO NOT LIKE BREAD AT BREAKFAST, BUT YOU WANT TO EAT HEALTHILY, WHAT COULD YOU ALSO EAT?

- a) Crunchy cereal with a full yoghurt
- b) Cereal with low-fat yoghurt
- c) Only a bowl of yoghurt

Having breakfast



Tips

- **PREPARE YOUR BREAKFAST THE EVENING BEFORE TO GIVE YOURSELF MORE TIME IN THE MORNING.**
- **ASK YOUR PARENTS TO REMIND YOU TO HAVE BREAKFAST.**
- **AGREE WITH YOURSELF THAT YOU DO NOT LEAVE YOUR HOUSE BEFORE YOU HAVE PUT A CROSS IN THE WORKBOOK (WHICH MEANS THAT YOU MUST HAVE BREAKFAST FIRST).**
- **GO HAVE BREAKFAST TOGETHER WITH YOUR FAMILY AT HOME.**

Breakfast Tips

1. The rest of the breakfast is a good counterweight for stress during the day. Breakfast is a healthy habit that children should learn as early as possible.
2. Breakfast promotes a balanced diet throughout the day.
3. Those who do not wake up well, can start the day with an invigorating shower and then go to the breakfast table.
4. Those who are in a hurry in the morning, can set the table the night before or set the alarm clock fifteen minutes earlier.
5. Those who aren't hungry may be tempted by a varied breakfast.
6. Choose foods that you like.
7. There is good news for people that want to have a balanced diet, as a healthy breakfast reduces the urge to snack.
8. Having breakfast together with family is much more enjoyable.
9. Try to eat different kinds of fillings.
10. Talk to your friends about what they have for breakfast. You can give each other tips about what you like.
11. Do you like cereal? That's convenient because it can be a good breakfast with yoghurt or milk. Make sure that you don't eat crusty cereal because it contains sugar.
12. Did you know that butter contains important vitamins? A bit of butter on your bread is good. Ask your parents if they want to buy low-fat margarine, there is less fat in this than in margarine or butter.
13. Do you not feel hungry in the morning? Then try a plate of porridge or make a smoothie. These are less heavy on the stomach but are often very healthy.

Assignment:

If you have succeeded in having breakfast, put a cross in the box of the day. If you failed to have breakfast then leave the box empty. Take the workbook back to school with you next week.



| DAYS | HAVING BREAKFAST |
|-----------|--------------------------|
| Monday | <input type="checkbox"/> |
| Tuesday | <input type="checkbox"/> |
| Wednesday | <input type="checkbox"/> |
| Thursday | <input type="checkbox"/> |
| Friday | <input type="checkbox"/> |
| Saturday | <input type="checkbox"/> |
| Sunday | <input type="checkbox"/> |

THE CLASS BREAKFAST

In lesson 4, a local supermarket will provide a delicious school breakfast. After you have learned about what a healthy breakfast contains, you will have breakfast together with a staff member in the classroom and talk about breakfast.



QUESTIONNAIRE SPORT AND PHYSICAL ACTIVITY

HOW OLD ARE YOU?

..... YEARS OLD

ARE YOU A BOY OR A GIRL?

- Boy
- Girl

1. DO YOU PRACTICE SPORTS?

- Yes, I am a member of a sports club
- Yes, I often do sports on the street or in the neighbourhood (think of playing football on the street, skating or something different that you can do outside)
- No, I don't do sports >> **you can now fill in question 5, skip questions 2, 3 and 4!**

2. HOW LONG PER WEEK DO YOU DO SPORTS?

For example, "2 hours of hockey training"

3. HOW OFTEN DO YOU DO SPORTS PER WEEK?

4. WHY DO YOU DO SPORTS?

(you are allowed to cross multiple answers)

- For fun
- I am good at it
- My friends also participate
- My parents want me to do sports
- (you can fill in yourself)

• You are done now with this part of the questionnaire, go to question 6

5. WHY DON'T YOU DO SPORTS?

(if you do sports then you do not have to fill this section in)

- I am not that good at sports
- I don't like sports
- My parents find sports too expensive
- You can't do the sport I like here
- I have problems with my health
- (you can fill in yourself)

6. DO YOUR PARENTS DO SPORTS?

(you can cross multiple answers)

- Yes, my father is a member of a sports club
- Yes, my mother is a member of a sports club
- Yes, my father does sports but isn't a member of a sports club
- Yes, my mother does sports but isn't a member of a sports club
- No, they don't do sports

7. DO YOU SOMETIMES DO SPORTS OR EXERCISE TOGETHER?

- Yes, we run together
- Yes, we walk together
- Yes, we do sports together at a sports club
- Yes, we play together outside
- Yes, we dance together
- Yes, we (you can fill in yourself)

- Yes, we often play together on the game console where we play active games, such as tennis or dancing
- No, we all do sports and exercise separately
- No, we don't do sports or exercise together

>> go to question 8

(Only fill in when you do not do sports or exercise together)

8. WE DON'T DO SPORTS OR EXERCISE TOGETHER BECAUSE:

- There is no time for it
- We don't like it
- Mum or dad cannot do sports due to a handicap, for example

.....

.....

Other:

.....

.....

>> go to question 10

(Only fill in when you do sports or exercise together)

9. WE DO SPORTS AND EXERCISE TOGETHER BECAUSE:

- We find it important to move healthily
- We like to do sports and exercise together
- My parents insist that I do it
- We share the same hobby
- Other:

.....

.....

10. DO YOU HAVE A NICE IDEA FOR THE GYM CLASS OR SPORTS ACTIVITY AT SCHOOL?

.....

.....

.....

.....

11. DO YOU THINK THERE ARE ENOUGH PLACES IN YOUR NEIGHBOURHOOD TO DO SPORTS OUTSIDE?

(a small football pitch, basketball court, skate track etc.)

- Yes
- No, I miss the following:

.....

12. WHAT SPORTS SQUARE OR GRASS COURT DO YOU LIKE IN YOUR NEIGHBOURHOOD?

(you are allowed to cross multiple answers)

- A nice spot is

.....

- Another nice spot is

.....

- There are no nice spots

13. DO YOU EVER PARTICIPATE IN SPORTS ACTIVITIES IN YOUR NEIGHBOURHOOD?

- No
- Yes, I participated in the following last year:

.....

.....

14. DO YOU HAVE A NICE IDEA FOR SPORTS IN THE NEIGHBOURHOOD?

- No
- Yes, namely:

.....

.....

15. WHICH SPORTS CLUB(S) ARE YOU A MEMBER OF?

- I am not a member
- I am a member of:

.....

.....

.....



Did you like the theme 'breakfast every day'?



Healthy and responsible exercising

I hope that you are going to think better about how you can adopt a healthier lifestyle. You are now working on a healthy exercising project. It is also good to walk or take a bike to school.

- By walking or taking a bike to school you have already completed a part of your hour of exercise per day;
- Cycling or walking to school is important to gain experience in traffic;
- If fewer cars are around the school it is healthier, safer and better for the environment.

Do you know what is also fun about walking or taking the bike to school? You can do it with your friends. However, it's very important that you take a safe route.

You can also play outside instead of watching TV at home. You can also exercise in the open air. Even if you are not a member of a sports club you can still exercise outdoors in many ways. How about an afternoon at the playground or ice skating on the ice rink? Of course, it is fun to occasionally sit behind the computer or watch tv. That is what footballers do as well. But make sure you never spend more than two hours a day doing it. If you do that, you are one step further towards a good execution of your contract.

- Playing outside ensures that you are active;
- While watching TV or sitting behind the computer you are always sitting still and because of that, you do not use a lot of energy. Therefore, spend up to a maximum of two hours a day on these activities;
- By playing outside together you develop social skills and meet other children.



- Use the breaks to play outside.
- Put together a treasure hunt with your friends. Let everyone carry out active assignments where you must be very active.
- It is, of course, important to stay safe when you are playing outside. Ask your parents where you can go.
- Not everyone likes the same games. You can check the outdoor playbook of Scoring for Health for this. There is always something that you and your friends like!

Injury prevention

How do sports injuries occur?

- Incorrect training methods
- Bad preparation / warm-up
- Poor condition
- Bad materials or wrong shoes
- Bad posture.

How do acute injuries occur?

Can be caused by a fall, blow, collision or a wrong movement. Because of this swelling, bruises, ruptures, sprains or bone fractures can occur.

How do chronic injuries occur?

Originated by overloading or continuously repeating a movement. 63% of the injuries are ankle-joint, knee, wrist and hand injuries.

How can you reduce the chance of an injury?

- Good shoes, clothes, safe materials, proper training methods;
- Progressively build up your training. People often want too much at once causing the muscles and joints to be too heavily loaded;
- A warm-up of 10 minutes gives you good circulation and prepares the muscles and joints;
- Take pain signals seriously and take the time for old injuries to recover;
- Pay attention to healthy food and take enough rest;
- Do not rest immediately after exercising. Waste materials have accumulated in the muscles during your exercises that cause pain and fatigue. Do a cool-down to remove these waste products and prevent muscle pain.

It is important to do a warm-up and cool down to reduce the risk of injuries.



Warming-up

Importance of a warm-up

- Your body can warm up and prepare for the performance;
- Your muscles get better blood circulation so they can do more and therefore you are less likely to get hurt.

What does a warm-up do with your body?

- Ensures that your body can slowly get used to exercising;
- Body temperature rises slightly and breathing goes faster;
- Your heart rate increases. This is because your heart needs to pump harder because your muscles are going to ask for blood and oxygen;
- Because your heart rate increases, blood and oxygen can be brought to your muscles more quickly so they can do more work;
- If you exercise too hard, your muscles create a waste that we call lactic acid;
- If there is too much lactic acid in your muscles you can no longer exercise and it will hurt;

- By doing a warm-up you can postpone the point of too much lactic acid => this makes the chance of sports injuries much smaller;
- And because your muscles are warmer, they also become smoother causing you to move better.



Tips

Start the activity slowly. For example, with football, you should not immediately shoot the ball from the 16-yard box at the goal before the warm-up. Start by walking and dribbling first. Try to increase the intensity, so always set the pace slightly higher. But do this gently. Look at what movements are made during a game or training. For example, with football grab a ball and do a passing movement with it. This is what you call sport-specific exercises.



Cool-down

Why do you cool-down after exercising?

- After exercising your body is sweaty, your heart rate is higher, and your muscles are warm. When you immediately sit down after exercising, your body cools down very quickly. This makes your muscles very stiff;
- Your heart rate decreases rapidly causing the blood circulation of your muscles to be much less;
- You can also get ill quickly when you are sweaty and warm and cool down rapidly.

What does a cool-down do with your body?

- We have just said that the warm-up slowly warms up your body, a cool-down does the opposite;
- We have talked about lactic acid. When you train too hard or too much, there is too much lactic acid in your muscles. The body at some point can no longer break down the lactic acid. If you do not do your cooling-down after exercising, that lactic acid will remain in your muscles. This causes extra stiffness or even muscle pain the next day.



Tips

- Do not stop exercising immediately after a strenuous exercise. Keep moving at a slower pace. The blood circulation of the muscles then remains good.
- Put on a training jacket and/or a tracksuit so that your muscles do not immediately cool down. This way, muscles will quickly become stiff and you will get muscle pain faster.
- Let the intensity slowly decrease. The cooling down does not have to be sport specific. For example, with ice skating, you can cycle out instead of ice skating. You also see this often on television. You do not call this sport-specific because the movements do not occur while ice skating.



HEALTHY FOOD

Healthy food

Are you okay with your level of physical activity? Do you achieve your daily amount of an hour of exercise every day? Do you know what else is very important? Eating enough fruit and vegetables. This has many advantages. Did you know that your skin will look better if you eat a lot of fruit and vegetables? But there are many more benefits. Fruit and vegetables ensure that you get more energy and that your resistance improves. So you are less likely to get ill. Did you know that even your brain will work better when you eat fruit and vegetables every day? That is why it is important to eat enough fruit and vegetables.

To help you, some tips are given.

- It is important at your age, that you eat at least 150 grams of vegetables and 2 pieces of fruit every day.
- Make sure that you eat different types of fruit and vegetables. Each species contains other nutrients that are good for you.
- You cannot replace fruit and vegetables with vitamin pills. However, this can be a good supplement. Getting vitamins from your food is much better.
- Eat as little as possible between meals. It is also better for your teeth.
- Eat three regular meals (breakfast, lunch and dinner) every day.

Living a healthy life also means drinking enough water. As a result, bad substances are removed from your body. At your age, you should take in an average of 1.5 litres of fluid per day. If you exercise a lot, it's important that you drink more. When you sweat you are losing fluid and even more when the weather is warmer. You may have noticed that you sometimes get a headache. Drinking water prevents this from happening and it also allows you to concentrate more which will let you learn better.

- It is important that you drink 1.5 litres of fluid per day. You may also include milk, fruit juice.
- In contrast to many soft drinks and fruit juices, there is no sugar in light soft drinks for example "Cola Zero" It is, therefore, better than normal soft drinks. However, there are sometimes other substances that are not good for you like aspartame. Water is therefore really the best choice.
- On average, a person drinks no less than 75,000 litres of water in their life.

Tips

- If you are still hungry for a snack, take one with few calories. Like fruit, spiced biscuit, gingerbread or a handful of popcorn.
- Never eat more than 4 snacks a day.
- A piece of fresh fruit contains more important nutrients than a glass of fruit juice. Therefore, never replace more than one piece of fruit with a glass of juice.
- Making your own healthy snack is not only good for your health but also fun to do.
- Eat vegetables, for example, lettuce or tomatoes, once on bread or take a cucumber or carrot. You will then be quicker to the 150 grams of vegetables you need per day.
- If you do not like a certain vegetable, look together with your parent(s) to see if you can prepare it in a different way. There are many different ways of preparing vegetables.





Did you know that...?

- You use between 95 and 190 litres of water when you shower. When flushing the toilet, the number of litres is between 7.5 and 26.5;
- There is water in a lot of food. For example, a pineapple consists of 80% water. With a tomato, this is no less than 95%;
- Water helps to remove the bad substances from your body;
- Water already leaves your stomach 5 minutes after you have drunk it;
- Frozen water is 9% lighter than liquid water; This allows ice to float on water;
- A litre of water weighs 1 kilogram;
- Water ensures that your body is in the correct temperature. When you have a fever, it's therefore extra important to drink plenty of water.

Eat fruits and vegetables!

Why fruits and vegetables?

Many children eat too little fruits and vegetables. That is not good, because fruits and vegetables are made up of very important substances including many vitamins, they are bursting with minerals such as iron, packed with fibre like what you find in brown bread and much more... Everyone needs these substances to stay fit and healthy, to be able to learn, grow and exercise well. Eating fruit and vegetables keeps your skin and hair beautiful and they also ensure that you do not get sick so quickly. This is why it's extremely important to eat enough fruit and vegetables and to drink enough water. The best thing is to have: three big scoops of vegetables and two pieces of fruit! Because you can never eat too much fruit or vegetables.

Fruit and vegetables

- Important to stay fit;
- Your skin benefits from the vitamins;
- Gives you immediate energy and increases your resistance;
- Ensures that your blood pressure does not go too high or too low (Question: What is your blood pressure again?);
- Your eyes, bones and brain also benefit from fruit and vegetables.

Facts

1. Strawberries pretend to be fruits but they aren't. They are so-called false fruits: What you eat is the swollen flowerbed of the plant. The real fruits are the small seeds that you see on the red skin of the strawberry.
2. Do you know where the C from vitamin C comes from? Just the C of citrus fruit. These, for example, are oranges, lemons and mandarins.
3. The most striking thing about peppers is the bright colours. They have such bright colours that they look like plastic. When the green peppers hangs on the plant for a longer time they will automatically turn red. So green peppers are actually early red peppers. Besides green and red there are also orange, yellow, purple and white ones.

Assignment 1

EATWELL GUIDE EXERCISE

- Prepare a meal based on the Eatwell Guide from your country, by cutting images from magazines and leaflets. Make a nice collage/composition of the images.



Assignment 2

Below you can see the required amount of nutrition per day:

On a daily basis:

- Minimum 150-200 grams of vegetables and 2 pieces of fruit at least;
- 3 wholegrain sandwiches;
- Eat at least 25 grams of unsalted nuts per day;
- Take at least 3 portions of dairy. Dairy options are milk, cheese, or yoghurt.
- Drink daily 1 – 1.5-litres of fluid, preferably water;
- Replace butter, hard margarine, and fry and roast fats with soft margarine, liquid fry and roast fat and vegetable oils;
- Limit the consumption of red meat and in particular of processed meat;
- Drink as few sugary drinks as possible.

Weekly:

- Eat legumes weekly
- Eat two portions of fish per week, one oily and one white

Discuss with your teacher:
Do you eat this way?
Do you think it is very similar?
What do you do differently?

**Assignment 3****Fruit and vegetable Quiz**

Eating fruits and vegetables are of course very important. That is why we have this quiz for you to learn everything about fruit and vegetables. **Circle the correct answer.**

Question 1

WHICH VITAMINS ARE PRESENT IN A LOT OF FRUITS AND VEGETABLES?

- All vitamins can be found
- There are hardly any vitamins
- There is a lot of vitamin C

Question 2

IF YOU DO NOT LIKE VEGETABLES, CAN YOU ONLY EAT FRUIT?

- Instead of vegetables, you can eat apple sauce
- If you eat more than 5 pieces, you can
- No, you cannot replace vegetables and fruit with each other

Question 3

WHAT IS THE HEALTHIEST?

- Brussels sprouts because they have all the substances you need
- Alternate because all vegetables have different substances
- Beans because almost everyone likes them

Question 4

YOU NEED 150 GRAMS OF VEGETABLES PER DAY UNTIL THE AGE OF 12. HOW MANY VEGETABLES IS THAT?

- Three vegetable spoons with cooked vegetables
- Four vegetable spoons with cooked vegetables
- Two vegetable spoons with cooked vegetables

Question 5

HOW MUCH ARE TWO PIECES OF FRUIT?

- A pear and a bowl of grapes
- Two pieces of apple
- A mouth full twice

Question 6

WHAT IS THE ENERGY BALANCE?

- You consume more energy than you get
- You get more energy than what goes out
- You absorb as much energy as you consume

Question 7

HOW MANY MINUTES SHOULD YOU BE ACTIVE PER DAY?

- 20 minutes
- 60 minutes
- 40 minutes

Question 8

WHICH TYPE OF FAT IS THE HEALTHIEST?

- unsaturated
- saturated
- oversaturated

Question 9

HOW MANY SLICES OF BREAD SHOULD YOU EAT PER DAY?

- 1-3 slices
- 3-5 slices
- 5-7 slices

Question 10

WHERE DOES THE C FROM VITAMIN C COME FROM?

- Cactus
- Calories
- Citrus fruits

Question 11

WHY IS IT BETTER TO EAT WHOLE GRAIN BREAD THAN WHITE BREAD?

- Contains more calories
- Contains more taste
- Contains more fibre

CONSCIOUSLY READING ABOUT NUTRITION

Make a drawing below of a product that has been brought along and which has a Healthier choice-symbol

Health Quiz

You must circle the right answer.

Question 1

HOW ACTIVE DO YOU NEED TO BE AS A CHILD TO STAY FIT AND HEALTHY?

- a) At least half an hour per day
- b) At least an hour per day
- c) If you participate twice a week in the gym class at school, that is enough

Question 2

HOW CAN YOU ENSURE THAT WATER AND FAT MIX?

- a) By whipping very hard
- b) By adding an emulsifier
- c) By adding protein

Question 3

WHAT IS THE BEST WAY TO PREVENT INJURIES FROM THE FOLLOWING THREE OPTIONS?

- a) Only exercise inside
- b) Do not exercise too often
- c) Ensure you do a good warm-up

Question 4

WHAT SHOULD YOU DO AFTER A HEAVY SPORT EFFORT?

- a) Immediately shower
- b) Keep moving at a slower pace and afterwards put on something warm
- c) Ensure that your muscles quickly become cold again

Question 5

WHAT DO YOU INDICATE WITH KILOCALORIES?

- a) The amount of fat that is in the food
- b) The amount of energy that is in the food
- c) The weight of the food

Question 6

WHAT DO YOU CALCULATE WITH BMI?

- a) Whether you have diabetes or not
- b) Whether you are moving enough or not
- c) Whether you have a healthy weight or not

Question 7

WHY IS IT IMPORTANT TO DO A WARM-UP WITH SPORTS?

- a) You get a much better technique
- b) It reduces the risk of an injury because you slowly warm muscles up
- c) A warm-up is not that important

Question 8

WHAT IS LACTIC ACID?

- a) A good breakfast
- b) A waste substance that your muscles form when you do sports very hard
- c) A substance that ensures that your muscles become smoother

Question 9

IF YOU GET HUNGRY BETWEEN YOUR MAIN MEALS, WHAT IS THE BEST THING YOU CAN EAT AT THAT MOMENT?

- a) Fruit biscuit and fruit
- b) Potato crisps and lemonade
- c) Soft drink and pizza

Question 10

WHAT IS THE BEST THING YOU CAN DRINK WHEN EATING?

- a) Light soft drink
- b) Fruit juice
- c) Water

Question 11

WHAT IS MEANT BY VARIED EATING?

- a) Eat something from a variety of food groups (different parts of the Eatwell guide)
- b) No more sweets and fries
- c) Eat the same thing every day

Question 12

HOW MANY PIECES OF FRUIT DO YOU NEED TO EAT ON AVERAGE PER DAY?

- a) 1 piece
- b) 2 pieces
- c) Do not have to eat it every day

Question 13

WHY IS BREAKFAST SO IMPORTANT?

- a) It starts your digestion and improves your concentration
- b) So, you get enough milk products
- c) It makes your muscles firmer and improves your condition

Question 14

WHY DO YOU BREATHE HEAVIER WHEN YOU MOVE OR EXERCISE?

- a) Because your heart rate is getting lower
- b) To get rid of all the sweat
- c) Because your muscles need more oxygen

Question 15

HOW MANY CALORIES ARE THERE IN AN ORANGE?

- a) 10 kcal
- b) 55 kcal
- c) 200 kcal

Question 16

WHAT FOOD PRODUCTS BELONG TO THE SAME PART OF THE EATWELL GUIDE?

- a) Broccoli, banana, carrot, lettuce and pasta
- b) Bread, butter, potatoes and rice
- c) Meat, fish, egg and milk

**SUPERMARKET**

Hello boys and girls,

Eating healthily is good for you. You know that. Nevertheless, there are still a lot of children (and adults) that do not eat a lot of fruit and vegetables or often take sweets and snacks. Or they drink a lot of sweet drinks. It is a shame that not everyone knows that you can also eat tasty and healthy food. The nutrition centre wants to do something about this. We are an organisation that gives information about healthy food and choosing consciously.

The Scoring for Health project has been devised especially for the children. You learn how to shop for healthier groceries. In the past two weeks, you have had preparatory lessons in class. In these lessons, you learned about healthy food and choosing consciously.

In this seventh lesson, we will go into a supermarket and test that knowledge. In the supermarket, you will be put into groups and together you will go around and view products on the shelves, for example, look at what products are in the crates at the fruit and vegetable department.

You do assignments and look around. You should read the packaging, check what is on it and what it means. You can find out for yourself, how good or bad your favourite food and drinks are. Is it healthy and how often you should eat/drink it? Or should you only have it on occasions? You will also be able to see how everything works in a supermarket as you will be allowed to go behind the scenes for the discussion afterwards.

Tracking Card Advertisement

Do you immediately run to the store when you see a nice commercial/advertisement? A lot of the commercials intended for children are for products that are not healthy. Has that ever caught your eye?

Most of the time the clips and advertisements are for a new kind of crisps, the coolest drink, surprisingly tasty chocolate bar, the huge ice cream. There are also promotional campaigns in every supermarket where you can collect fun toys which encourage you to eat or drink more of that product if you want to collect those things.

Luckily you are slowly seeing a change. Healthy products will also participate in the advertisement battle.

> A thoughtful child thinks for themselves!

Of course, you can occasionally put sweets or a soft drink in your shopping basket. But a thoughtful child does not do that too often nor do they have too much. Sometimes the person who comes up with the commercials wants you to find a product cool and therefore buy it. But sometimes it is also that they try to disguise the food or drink as healthy which makes it really difficult to make smart choices. A thoughtful child does not believe everything that they see in commercials and will think for themselves.

Sweets department

> Go to the sweets department of the store

Question 1

WHICH COLOURS DO YOU SEE MOST IN THE SWEETS DEPARTMENT?

.....
.....

Question 2

WHAT DO YOU THINK OF THESE COLOURS?

.....
.....
.....

Question 3

CAN YOU FIND I PACKAGING WITH A NICE PICTURE OF A DOLL, ANIMAL OR CARTOON CHARACTER?

.....
.....
.....

Question 4

WHAT IS WRITTEN ON THE PACKAGING THAT YOU HAVE CHOSEN?

.....
.....
.....
.....

Question 5

DOES THE PICTURE FOR YOUR PRODUCT MAKE IT MORE ATTRACTIVE?

.....
.....
.....
.....

> Go to the sweets-, chocolate-, biscuit-, or crisps-department

Question 6

DO YOU SEE A PRODUCT WHERE YOU CAN SAVE MONEY OR WIN SOMETHING?

We found a campaign on:

.....
.....
.....
.....

you can win or save this:

.....
.....
.....
.....

Question 7

HAVE YOU EVER BOUGHT FOOD OR DRINKS BECAUSE OF DISCOUNTS, OR BECAUSE YOU COULD WIN SOMETHING.

.....
.....
.....

If so what was that then?

.....
.....
.....
.....

Vegetables

Fruit and vegetables contain many healthy nutrients such as vitamins and minerals. For example, they ensure that you stay fit and that wounds heal faster. It's good to choose this if you are hungry because it fills you well and for a long time.

> 5-a-day: Vegetables

For a balanced diet, it is recommended that you have 5 portions of fruit and vegetables per day. The idea is that you eat a wide variety of fruit and vegetables, and not just the ones you like eating. All kind of vegetables count, so not just fresh vegetables but also the ones in cans, glass or frozen vegetables. Are you unable to eat everything during dinner? Then eat some vegetables as snacks or put some slices of cucumber or tomato on your bread.

When you are choosing vegetables, make sure they have different colours (carrot, broccoli, red pepper). Vegetables with different colours usually contain different nutrients that are equally important for your health.

> 5-a-day: Fruit

Not all fruit is big enough to count as one of your 5 a day. When judging how much fruit or veg you should have to count as 1 portion, all you need to use is your own hand. Everyones portion is different as it is relevant to their own hand size - just ensure your hand is full!



Vegetable department

> For this assignment go to the department of the fresh fruit and vegetables.

Choose one type of vegetable with your group that is loose in a container (such as tomatoes or green beans). Weigh approximately 200 grams of this vegetable (around 0.200 kg). Make sure that you do it properly.

Question 1

TYPE OF VEGETABLE

.....

Question 2

WEIGHT

.....

Question 3

HOW MANY PIECES ARE THERE (APPROXIMATELY)?

.....

Choose a bigger, heavier vegetable (such as cauliflower, zucchini or cucumber). Weigh the vegetable and calculate the number of people that would be enough for.

TYPE OF VEGETABLE

.....

WEIGHT

.....

ENOUGH FOR PEOPLE

.....

Question 4

HOW MANY PORTIONS OF FRUIT AND VEGETABLES DO YOU NEED PER DAY?

.....

Question 5

DO YOU THINK THAT YOU EAT ENOUGH FRUIT AND VEGETABLES?

.....

Question 6

CAN YOU THINK OF WAYS TO EAT MORE FRUIT AND VEGETABLES?

.....

Soft drink and juice

Without fluid, you can't live. On average you get one litre of fluid a day through food because water is in many foods. In addition, you naturally need normal drinks. How much, depends on your age, how active you are and how hot the temperature is. On average you should drink approximately six to eight glasses of fluids per day. Milk also counts.

> **Don't drink too many sugary drinks**

Many children drink too many sweet drinks which is unhealthy. 85 calories can be found in a large glass of regular soft drinks while 70 calories can be found in a glass of fruit juice. Of course, you don't always need to count the calories every time you want to drink something but the point is that you know what a lot is.

When choosing the soft drinks you want, remember there are many drinks with hidden sugars in them or advertising that can trick you. Try to choose drinks that are low in sugar or have zero sugar in them. Water is always the best choice.

If you still want soft drinks, you can opt for a glass of light soft drink which has no or very few calories. However, limit the number of glasses per day because even light soft drinks are bad for your teeth and this is also how you never get rid of preference for sweet tastes.



Soft drinks and juice department

> Go to the soft drink department

- Find the same brand of sparkling soft drinks
- 1 regular kind of soft drink with sugar
 - 1 light kind of soft drink with sweeteners

Question 1

WHAT SWEETENERS ARE IN THE LIGHT SOFT DRINKS?

.....

.....

Question 2

View the number of calories (=kcal) per glass on the bottles.

- **REGULAR** **KCAL PER GLASS**
- **LIGHT** **KCAL PER GLASS**

> Now go to the juices department

Fruit is depicted on many packages.
But is there only fruit juice in those packages?

Question 4

- Find 2 packages of drinks with a fruit picture:
- Choose one package with the word juice on it
 - Choose one package with the word 'fruit juice' or 'fruit nectar' on it

- **'JUICE':** **% JUICE**
- **'CHOSEN FRUIT JUICE OR FRUIT NECTAR:**
..... **% JUICE**



Everyone grab the smallest package from your favourite drink.

Question 5

I have chosen for:

.....

THIS DRINK IS A HEALTHY / UNHEALTHY* CHOICE BECAUSE (*cross the answer that is wrong)

.....

.....

.....

.....

.....

Biscuit and crisps

"Something tasty, who does not like that? But sweets, biscuits and crisps contain a lot of sugar, fat and salt. Furthermore, there is little to nothing in it that is useful to your body. Many children's parents don't allow them to eat many sweets during the week. That is a smart rule.

"After school and school holidays are often times that children will have unhealthy snacks. When snacking, it is important to know the difference between a 'treat' and a 'snack'. A treat tends to be something like chocolate or crisps (high in sugar, fat and/or salt). Whereas a snack is something to keep us going between meals, such as carrot sticks and hummus. Treats shouldn't be an everyday occurrence, just on occasions. Snacks should be regularly eaten."

Biscuit and crisps department

> Go to the crisps department of the supermarket.

- Find from the same brand and the same flavour of crisps:
- 1 bag of 'regular' crisps
 - 1 bag of 'light' crisps

Check the label to see why the light crisps are called light.

Question 1

IT IS CALLED LIGHT CRISPS BECAUSE IT CONTAINS LESS THAN IN REGULAR CRISPS.

See if you can find the amount of fat per portion on the package?

Question 2

THE REGULAR CRISPS CONTAIN: GRAMS OF FAT PER PORTION

Question 3

THE LIGHT CRISPS CONTAIN: GRAMS OF FAT PER PORTION

> Go to the biscuit and crisps department

Look for a type of biscuit or bar with a portion logo as shown here. The number and colour may be different. Choose something that you like.

Question 4

HOW MANY GRAMS OF FAT ARE THERE PER PIECE OF BISCUIT OR BAR ACCORDING TO THE PACKAGING?

.....



Question 5

HOW MANY GRAMS OF FAT ARE THERE PER PIECE OF BISCUIT OR BAR ACCORDING TO THE PACKAGING?

.....

Question 6

HOW MANY PIECES DO YOU TAKE WHEN YOU EAT THIS?

.....

Question 7

HOW MANY PIECES ARE THERE IN ONE PACK/BAR IF YOU WOULD LIKE TO BRING IT WITH YOU?

.....

Question 8

IF YOU WOULD NOT PAY ANY ATTENTION TO ANYTHING, WHAT BISCUIT/BAR WOULD YOU CHOOSE FROM THIS SHELF?

.....

Why?:

.....

.....

Question 9

IF YOU WERE TO EAT THE WHOLE PACK, HOW MANY GRAMS OF FAT PER 100G WOULD THAT BE?

..... %

HEALTHY SNACKS

Rank the following snacks from the healthiest snacks to the most unhealthy snack:

1

.....

2

.....

3

.....

4

.....

5

.....

6

.....



Your outside game



WHAT IS YOUR GAME CALLED?

.....

WHAT DO YOU NEED FOR YOUR GAME? THINK OF BALLS, BIBS, GOALS, BOXES ETC.

.....
.....

HOW DOES THE GAME WORK?

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

HOW MANY TEAMS ARE THERE? | HOW MANY CHILDREN ARE THERE PER TEAM?

..... |

WHAT MUST THEY DO? WRITE HERE HOW THE GAME WORKS AND WHAT THE RULES ARE.

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....



MEET THE PHYSICAL ACTIVITY GUIDELINES 2

Assignment:


Ultimately the goal is to exercise for at least 60 minutes every day. You will first go and look at how many minutes you are physically active at the moment. Complete the following schedule for lesson 10

If on Monday you cycled for 10 minutes then write 10 under the heading 'cycling'. If you have not walked at all then you write 0 under the heading walking and so on. At the end, you write down the total number of minutes under 'total'.

After you have completed worksheet lesson 10, you can compare your completed results from worksheet lesson 1 and see if you did more or less physical activities than at the beginning of the Scoring for Health programme.

Tips

- CYCLING** : Take your bike to school, do groceries by bike or cycle to a friend's house;
- WALKING** : You can, of course, walk to school or walk extra long with the dog;
- PHYSICAL MOVEMENT** : Take the stairs more often instead of the elevator, go outside and play a game of tag or turn on the radio and go and dance;
- SPORTS** : Go exercise! You don't have to attend a training session from a club or be at the gym, you can also go for a run or play football with friends;
- HOUSE AND GARDEN** : Ask your parents if you can Hoover, wash the car or clean the windows. This is not only good for your number of minutes of exercise but your parents will also appreciate it when you do such chores.

| DAYS |  CYCLING |  WALKING |  PHYSICAL MOVEMENT |  SPORTS |  HOUSEHOLD ACTIVITY | TOTAL |
|------------------|---|---|---|--|--|---------------|
| Monday | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES |
| Tuesday | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES |
| Wednesday | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES |
| Thursday | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES |
| Friday | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES |
| Saturday | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES |
| Sunday | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES | MINUTES |

THE 4SS TEST II

In this lesson a staff member of the school or from the organizing club is going to do the 4ss test with you again, to see if you have made your lifestyle healthier during the 12 weeks of the Scoring for Health project. Do you see any changes?

| | LEVEL III 6.0 YEARS | LEVEL IV 7.0 YEARS | LEVEL V 8.0 YEARS | LEVEL VI 9.0 YEARS | LEVEL VII 10.0 YEARS | LEVEL VIII 11.0 YEARS | LEVEL IX 12.0 YEARS |
|--|--|--|--|--|--|--|---|
| Standstill | Stand on one leg | | | | | | |
| | 13 seconds | 20 seconds | 25 seconds | 30 seconds | 40 seconds | 5 seconds with closed eyes | 10 seconds with closed eyes |
| MOST SKILLFUL LEG <input type="radio"/> LEFT <input type="radio"/> RIGHT | | | | | | | |
| | 10 seconds | 15 seconds | 20 seconds | 25 seconds | 35 seconds | 3 seconds with closed eyes | 5 seconds with closed eyes |
| OTHER LEG <input type="radio"/> LEFT <input type="radio"/> RIGHT | | | | | | | |
| Jumping 1 - Strenghit - | Hop over 9 meters | | | | | | |
| | 15 x about 9 meter | 12 x about 9 meter | 10 x about 9 meter | 9 x about 9 meter | 8 x about 9 meter (<1.40) | 7 x about 9 meter (<1.50) | 5 x about 9 meter (<1.60) |
| MOST SKILLFUL LEG <input type="radio"/> LEFT <input type="radio"/> RIGHT | | | | | | | |
| | 10 x about 9 meter | 15 x about 9 meter | 12 x about 9 meter | 10 x about 9 meter | 9 x about 9 meter (<1.40) | 8 x about 9 meter (<1.50) | 6 x about 9 meter (<1.40) |
| OTHER LEG <input type="radio"/> LEFT <input type="radio"/> RIGHT | | | | | | | |
| Jumping 2 - Coordination - | 16 x Hop | 16 x Switch jump | 16 x Spread-cross without changing feet position | 16 x Spread-cross front Spread-cross back | 16 x Spread-cross front Spread-cross back Clapp on cross | 16 x Switch jump Switch jump Spread-close | 16 x Spread-close Clap on spread |
| | | | | | | | |
| Bouncing | Bounce | | | | | | |
| | Bounce 15 x with preferred hand <input type="radio"/> LEFT <input type="radio"/> RIGHT | Bounce 15 x with the other hand <input type="radio"/> LEFT <input type="radio"/> RIGHT | Dribbles through 6 pylons placed in a circle in 30 seconds | Dribbles through 7 pylons placed in a circle in 30 seconds | Dribbles through 8 pylons placed in a 8-figure in 30 seconds | Dribbles through 9 pylons placed in a 8-figure in 30 seconds | Bounce 15 x without looking at the ball |
| | | | | | | | |

THE YO-YO TEST II



Please fill in your name and the Level you were not able to continue the test.

MY NAME IS:

LEVEL

THE COOPER TEST II



Please fill in your name, distance and/or amount of rounds.

MY NAME IS:

DISTANCE

METERS

FINAL DAY

Now after 12 weeks the Scoring for Health project, is already coming to an end. In the final lesson, you are going to evaluate the group's goal/ group goals and see with your teacher if you have reached your goals with your entire class. On this final day, you are going to have plenty of different activities. You are going to have fun (sport) activities, you will receive a diploma to proof that you have improved your healthy lifestyle during the 12 weeks of the scoring for health project.



ADDITIONAL LESSON - WATER



“Your body is made of between 60 and 70 % water. This is why it is of great importance to keep your fluid balance up to date which means that you must make sure that you drink enough fluid to maintain the 60 to 70%, otherwise you will dry out.”

> How many litres of fluid should you drink every day?

“1.5 litres of fluid per day is the recommended amount by the nutrition centre (find the information about this in your own country). Yet there is still confusion about this. Many people think that you should drink 1.5 litres of water every day. That is not true: it’s about 1.5 litres of fluid and luckily fluid is much more than just water. For example, think of fruit juice or milk. When you drink a bottle of cola per day, you will get enough fluid, but also a lot of sugar and other substances that are not good for you. There are also other drinks that you can drink to keep your fluid balance up to date.”

“For example, did you know that people can live without food for 30 to 40 days, but without water for 3 days at the most? This proves how important water is for people.”

| | |
|---------------------|------------------------------------|
| PREFERABLY | (MINERAL) WATER, FRUIT JUICE, MILK |
| MIDDLE WAY | LIGHT SOFT DRINKS |
| OCCASIONALLY | REGULAR SOFT DRINKS, SPORTS DRINKS |

For example, if we drink too little water/fluid, then the following can happen:

- Fatigue
- Bad resistance
- Headache
- Weight gain
- Backache
- Get angry faster
- Less concentration and therefore remember less

WHO SOMETIMES FEELS ANY OF THESE SYMPTOMS?

WHY DO YOU THINK YOU FEEL LIKE THIS? TRY DRINKING TWO GLASSES OF WATER

To ensure that we consciously drink more water in the coming weeks, you are all given a worksheet and a cup. Every day you will fill your cup when you arrive in the morning, when you return from the break and when you arrive in the afternoon

- Put the worksheet on your nightstand. You are allowed to put a cross in the box if you succeeded in drinking 3 cups of water that day. If you have not succeeded in drinking 3 cups of water that day, then leave the box empty.
- Drinking six cups of water is healthy. If you managed to drink 6 cups of water then put this number in the box instead of a cross.
- Take the worksheet back with you to school next week.

WHO HAS SUCCEEDED?

DRINK MORE WATER

Assignment:

You have received a cup from the teacher. You will fill this cup in the morning, after the break and in the afternoon with water. You should drink these three cups of water, try to drink another three more cups at home.

Put this list next to your bed. If you succeeded in drinking three cups of water at school, put a cross in the box. If you succeeded in drinking three more cups at home, put the number 6 in the box instead of a cross.

Tips

- Ask your parents to join in with drinking three cups of water with you at home
- Put your cup in a place where you come across it
- Decide on a fixed time by yourself to have a cup of water, for example when you get home from school, at dinner and when watching your favourite program.

| DAYS | |
|-----------|--------------------------|
| Monday | <input type="checkbox"/> |
| Tuesday | <input type="checkbox"/> |
| Wednesday | <input type="checkbox"/> |
| Thursday | <input type="checkbox"/> |
| Friday | <input type="checkbox"/> |
| Saturday | <input type="checkbox"/> |
| Sunday | <input type="checkbox"/> |

GUEST LECTURE - FOOTBALL PLAYER FROM THE CLUB

My questions to the (player from the club)

COME UP WITH FIVE QUESTIONS YOU CAN ASK. WHAT WOULD YOU REALLY LIKE TO KNOW?

- 1
- 2
- 3
- 4
- 5

COME UP WITH THREE QUESTIONS ABOUT HIS OR HER PHYSICAL ACTIVITIES AND DIET? OR WHAT LIFESTYLE THEY HAVE?

- 1
- 2
- 3

Now discuss your questions with the class. Duplicate questions are not useful, because then you will already know the answer from the player.

WHAT WILL YOUR QUESTION BE AT THE PRESS CONFERENCE?

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WHAT IS THE ANSWER FROM THE PLAYER? WRITE IT DOWN HERE.

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10 Healthy breakfasts

Breakfast 1:

- 2 slices of whole grain bread (2 x 35 grams) filled with:
 - Margarine >80% thinly smeared (2 x 5 grams).
 - 1 slice of gold cheese. (20 grams).
- 1 apple (135 grams)
- 1 cup of semi-skinned milk (225 ml).

Breakfast 2:

- 2 slices of dark rye bread (2 x 45 grams) filled with
 - 1 banana (100 grams)
- 1 cup of soymilk (225 ml)

Breakfast 3:

- 2 slices of whole grain bread (2 x 35 grams) filled with
 - Low-fat margarine (2 x 5 grams)
 - Cheese spread 20+ (15 grams)
- 1 mandarin (55 gram)
- 1 cup of semi-skinned milk (225 ml)

Breakfast 4:

- 2 slices of whole grain bread (2 x 35 grams) filled with
 - Low-fat margarine (2 x 5 grams)
 - Tomato (20 grams) + cheese 30+ (20 grams)
- 1 glass of orange juice (150 ml)

Breakfast 5:

- 2 slices of whole grain bread (2 x 35 grams) filled with
 - Low-fat margarine (2 x 5 grams)
 - Boiled egg (50 grams)
- 1 kiwi (75 grams)
- 1 cup of drinking yoghurt (225 ml)

Breakfast 6:

- A plate of oatmeal porridge (250 grams) *
- 1 glass of orange juice (150 ml)
- 1 cup of milk (225 ml)

Breakfast 7:

- Soft cereal with yoghurt (200 grams) *
- 1 glass of orange juice (150 ml)

Breakfast 8:

- 2 slices of whole grain bread (2 x 35 grams) filled with
 - Low-fat margarine (2 x 5 grams)
 - Peanut Butter
- 1 orange (120 grams)
- A cup of semi-skinned milk (225 ml)

Breakfast 9:

- 2 slices of whole grain bread (2 x 35 grams) filled with
 - Low-fat margarine (2 x 5 grams)
 - Poached or scrambled egg
- 1 glass of orange juice (150 ml)
- A cup of semi-skinned milk (225 ml)

Breakfast 10:

- 1 slice of whole grain bread (35 grams) filled with
 - Low-fat margarine (5 grams)
 - Peanut butter (15 grams)
- 1 currant bun (35 gram) filled with
 - Low-fat margarine (5 grams)
- 1 banana (100 grams)
- A cup of semi-skinned milk (225 ml)

There can be variations between all components of breakfast as long as the breakfast contains the following:

- Carbohydrate component (whole grain bread, dark rye bread, crispbread, oatmeal porridge, soft cereal);
- Dairy ingredient (milk, cheese, cheese spread, yoghurt);
- Fruit component (apple, banana, kiwi, orange juice, grapefruit juice);
- Drinks (milk, juice).



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