



ACTIVITY BOOKLET

WEEK 2



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Dundee United Community Trust are excited to bring you our weekly activity books that are sure to keep minds active whilst we are staying safe at home.

#UnitedTogetherUnitedApart





LADBROKES CHAMPIONSHIP

CHAMPIONS

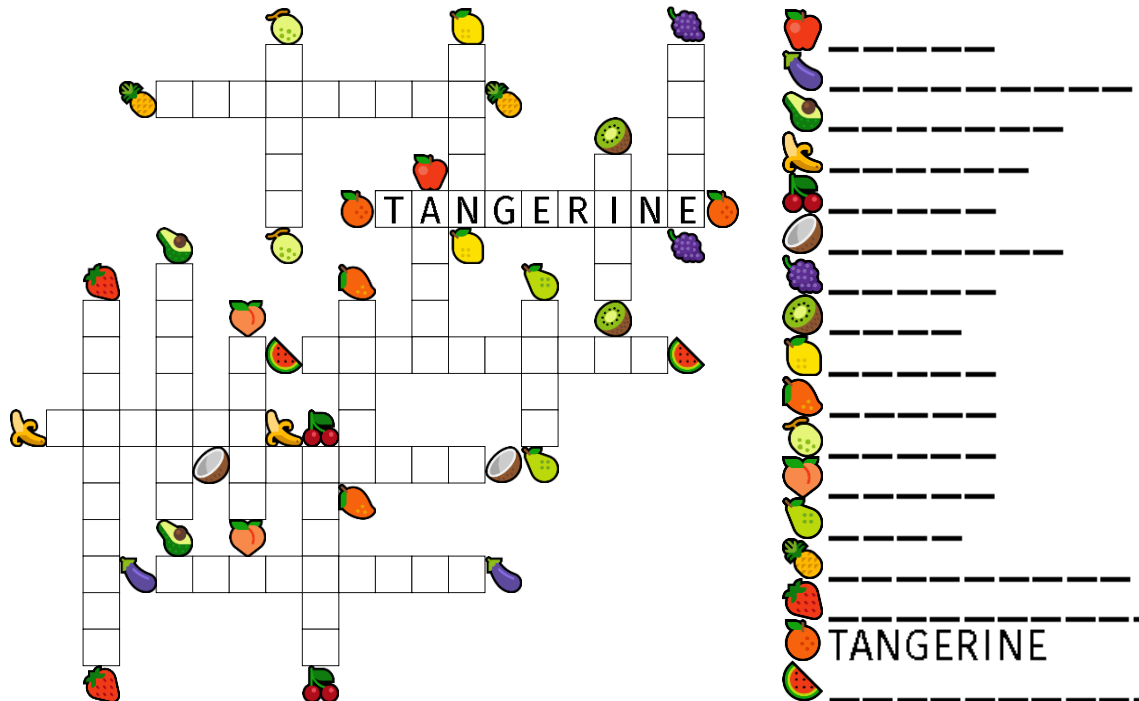
2019/20



PRINT ME OUT IF YOU
CAN, OR COMPLETE
ME ON YOUR SMART
PHONE OR TABLET

1 EMOJI CROSSWORD

Eating lots of different fruit is a great way to have a healthy diet. Can you name all of the fruits from their emoji and fit them in the crossword?



2 CHAMPIONSHIP TROPHY MAZE

Dundee United FC won the 2019-2020 SPFL Championship but can you navigate your way through the maze to find the trophy?



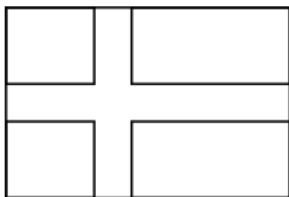
Share your work with us on social media! Tag @dundeeunitedct & @dundeeunitedfc in your post and use the hashtag #UnitedTogetherUnitedApart

3 UNITED NATIONS

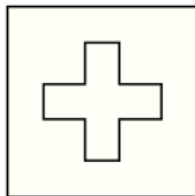
Can you work out the Dundee United FC players, their countries or the capital cities based on the information you have?



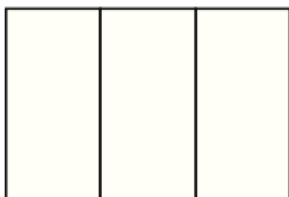
PLAYER: Shankland
COUNTRY: Scotland
CAPITAL: Edinburgh



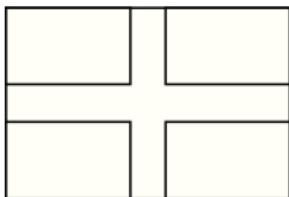
PLAYER: Sow
COUNTRY: (a) _____
CAPITAL: Stockholm



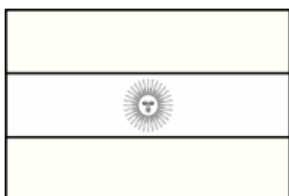
PLAYER: (b) _____
COUNTRY: Switzerland
CAPITAL: (c) _____



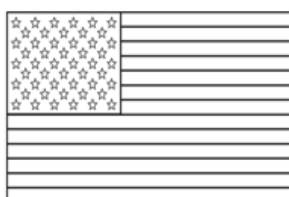
PLAYER: (d) _____
COUNTRY: Ireland
CAPITAL: (e) _____



PLAYER: Butcher
COUNTRY: (f) _____
CAPITAL: London



PLAYER: Spörle
COUNTRY: (g) _____
CAPITAL: Buenos Aires

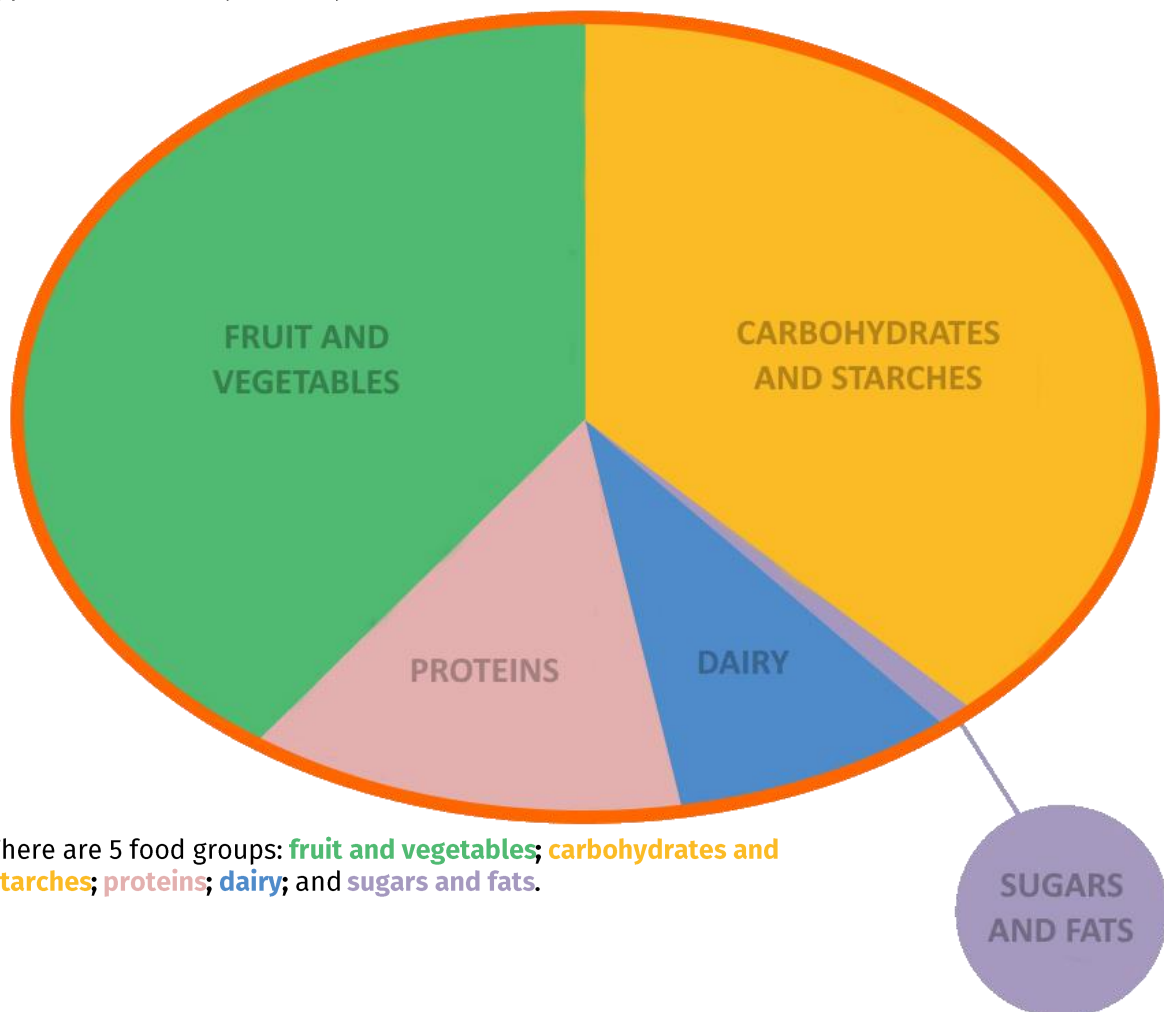


PLAYER: Harkes
COUNTRY: (h) _____
CAPITAL: Washington, DC

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4 EATWELL PLATE

Do you know what foods are needed to eat a healthy, balanced diet? Do you know what different types of food do to your body?



There are 5 food groups: **fruit and vegetables**; **carbohydrates and starches**; **proteins**; **dairy**; and **sugars and fats**.

1: What food group do apples, bananas and tangerines belong to? _____

2: What food group does bread, pasta and rice belong to? _____

3: What food group does chicken, fish and eggs belong to? _____

4: What food group does milk, butter and cheese belong to? _____

5: What food group does fizzy juice, cakes and sweets belong to? _____

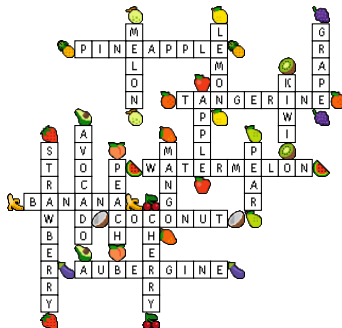
6: How many portions of fruit and vegetables should you eat every day? _____

7: Why is the “sugars and fats” section the smallest section? _____

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ANSWERS

1 WORD SEARCH



2 MAZE



3 UNITED NATIONS

- a) Sweden
- b) Siegrist
- c) Bern
- d) Connolly
- e) Dublin
- f) England
- g) Argentina
- h) United States of America

4 WORD SEARCH

1 Fruit and vegetables | 2 Carbohydrates and starches | 3 Proteins | 4 Dairy | 5 Sugars and fats | 6 At least five portions | 7 Because you should eat less sugars and fats than the rest

FOLLOW US

Follow us on our social media channels to find out what else we are up to during lockdown. Just click on any of the below logos to go directly to our pages!



You can also find out more about what we're doing during Covid-19 by clicking the [link](#).

ACKNOWLEDGEMENTS



This booklet has been published thanks to the support of Dundee United Football Club and the generous funding from The National Lottery Community Fund & Foundation Scotland.

THANK YOU.





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