



## Healthy Eating Week

13<sup>th</sup> - 17<sup>th</sup> June 2022

The big message for the Week this year is

**Eat well for you and the planet!**

Each day of the Week will have a different theme:

- **Focus on fibre** - for meals and snacks
- **Get at least 5 A DAY** - put plenty on your plate
- **Vary your protein** - be more creative
- **Stay hydrated** - fill up from the tap
- **Reduce food waste** - know your portions

Learning can be discussions, posters or practical activities.

Add photos to science books. Create a display in your class with the posters/photos. Children could bring in packets of food to add to your display.

Lesson ideas – Teacher/2021-2022 Healthy Eating Week - all have links to resources.

Here are some ideas for quick activities below.

Five a day – Pick 5 different fruits/vegetables for children to try – choose fruits/vegetables that they do not often eat. Food diary

Stay hydrated – add fruit to flavour water. – Vote for their favourite.

Make bar charts/pictograms/poster.

Focus on fibre – cooking/ food tasting/ find foods that are high in fibre.

Plan meals that are high in fibre. Food diary

Vary your protein – cooking/food tasting. Protein tracker. (see resources)

Sports Day – a good link to healthy living.