



# Healthy Eating Week

3-7 June 2013

## The British Nutrition Foundation (BNF) launches Healthy Eating Week

Here in B&NES we are encouraging settings to join in by promoting healthy eating and being more active, as well as improving the understanding of where food comes from and cooking.

### Themes for the Week:

#### Monday:

Eat Well! Fruit and Vegetables

#### Tuesday:

Eat breakfast! Bread, potatoes, rice & pasta

#### Wednesday:

Drink Up! Milk and dairy foods

#### Thursday:

Be active! Meat, fish, eggs, beans

#### Friday:

Keep in balance! Health for kids!

Register online for free resources at:  
[www.foodfactoflife.org.uk](http://www.foodfactoflife.org.uk)

B&NES Catering will be providing the schools they cater for with seasonal fruit and vegetable tasters for school meal pupils to try throughout the week!

### Ideas for Getting Creative!

- ✧ Hold a school assembly focusing on one of the health themes for the week.
- ✧ Run cooking activities and get children trying new foods!
- ✧ Have a healthy tuck shop with fruit cups or fruit kebabs - approach local green grocers for donations
- ✧ Base drama on living a healthy lifestyle
- ✧ Link with art and create a collage of the Eatwell plate or get children to draw a still life fruit bowl drawing
- ✧ Look at the amount of salt and sugar within foods
- ✧ Explore the human body in science and look at the effect of an unhealthy diet
- ✧ Link writing and stories to books on food, growing and healthy eating
- ✧ Get children digging and planting in vegetable plots; or more simply grow cress and plant seeds in pots for children to take home
- ✧ Hold a healthy lunchbox day
- ✧ Run an Out to Lunch Club for a local Early Years Setting to visit school for a hot school meal

### Resource Boxes:

A number of resource boxes are available on a loan basis to support activities in Schools during healthy eating week and outside of this week. Some boxes are available only to schools enrolled in the Director of Public Health Award.

- ✧ Cookery Equipment
- ✧ Growing
- ✧ Cookery Bags
- ✧ Healthy Eating Session Resources
- ✧ Improving the Dining Environment

Contact Claire Riggs for more information [Claire.Riggs@sirona-cic.org.uk](mailto:Claire.Riggs@sirona-cic.org.uk)