



Healthy Eating Week at John Hellins: 13th – 17th June 2016



Date	Monday 13 th June	Tuesday 14 th June	Wednesday 15 th June	Thursday 16 th June	Friday 17 th June
Class Based Activities	<p>Class One: Motivating Monday! (Promoting an active life)</p> <p>Class Two: 5-a-day Angry Birds plates. Missing number problems with fruit and vegetables.</p> <p>Class Three: Creating balanced diet food wheels</p> <p>Class Four: Cooking and Nutrition – using the eggs from our chickens. What are the benefits of eating eggs? Balanced food plate work.</p> <p>Class Five: Talking about Hydration and Hygiene. Active living and recreation activities and devising menus. Daily run.</p>	<p>Class One: Try it Tuesday! (Promoting trying new things)</p> <p>Class Two: Looking at healthy breakfasts. Making a tally of our breakfasts. Fruit tasting and written descriptions.</p> <p>Class Three: Understanding how exercise affects the human body and heart rate</p> <p>Class Four: Get Active! Zumba and Go Noodle. Funky Fruits Project.</p> <p>Class Five: Looking at food labels and food based literacy. Daily Run.</p>	<p>Class One: What's for Dinner Wednesday (Promoting healthy food choices and understanding the food they eat)</p> <p>Class Two: Try something new with Zootropolis – thinking about activities we have done that others might enjoy.</p> <p>Class Five: Food activities and food related literacy. Daily Run</p>	<p>Class One: Thirsty Thursday (Benefits of water)</p> <p>Class Two: Sorting and classifying fruits and vegetables</p> <p>Class Three: Creating fruit character comic strips</p> <p>Class Four: Shopping for healthy foods numeracy activities. Get Active with Rounders!</p> <p>Class Five: Food related literacy. Daily run.</p>	<p>Class One: Fruity Friday (Benefits of eating five a day)</p> <p>Class Three: Get Active with Dodgeball!</p> <p>Class Four: Creating health and fitness plans. Thinking about foods, lifestyles, activities.</p> <p>Class Five: Food related literacy. Daily run.</p>



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Extra and Whole School Activities and Visitors		Healthy Lifestyle Advisor visiting and holding workshops with KS1 (Class 1 and 2)	<p>Diane from the Tesco Eat Happy Project visiting and holding healthy breakfast workshops with Class 4 and Class 5.</p> <p>Whole School Healthy Food Roadshow (http://www.schoolfoodshowdown.com/)Roadsow</p>	<p>School Nurses visiting and holding healthy eating workshops with all classes.</p> <p>Diane from the Eat Happy at Tesco Project visiting and delivering a healthy eating assembly to KS2 (Classes 3, 4 and 5) and workshops with all classes.</p>	Big Writing Breakfast. Places can be booked on Parents Evening Booking System (before school)