



Healthy Eating



What does it mean?



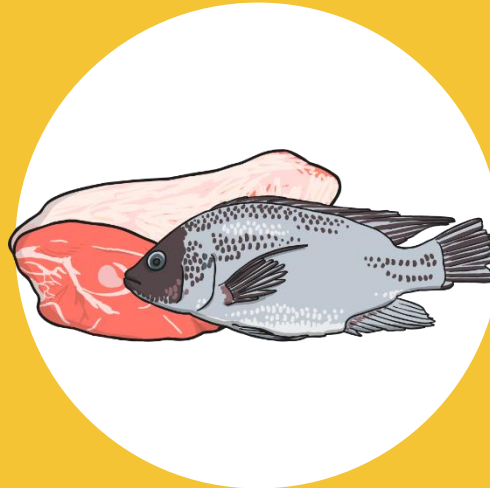
Healthy Eating

We should aim to eat 5 portions of fruit and vegetables a day.

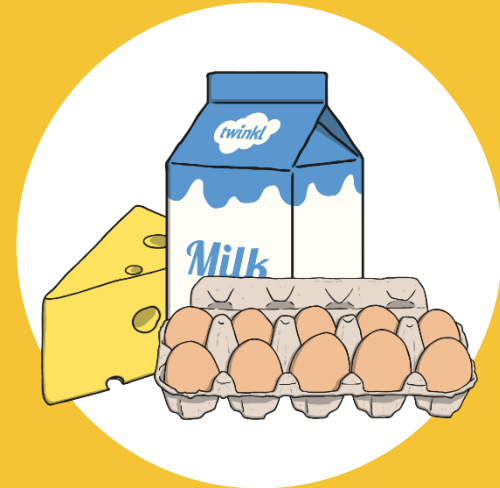
**Fruit and
vegetables**



**Fish and
meat**



**Eggs, milk
and cheese**



Foods to Eat Less Often

We should eat these foods less often and only in small amounts.

Cakes and sweets



Chocolate



Chips and crisps





Healthy eating week is coming up:

When? Next week, Monday 17th March –
Thursday 20th March
(Friday will be a normal unhealthy break day)

Each day we will count the number of healthy breaks per person.

The winning class will get a night off homework and an extra park session.




You will get a point for

- fruit
- bread
- yogurt
- crackers
- cheese
- salad

Sorry but you will not get a point for

- cereal bars
- popcorn
- crisps
- chocolate
- biscuits

A vibrant collage of various vegetables and fruits including carrots, tomatoes, onions, broccoli, and bell peppers. The background is a bright yellow, and the items are rendered in a stylized, cartoonish manner with bold outlines and flat colors. The items are scattered across the frame, creating a sense of abundance and freshness.

All of us need to
work together and
this week's efforts
will go towards us
getting our next
Green Flag, as well
as helping each of
us to be healthier.

Thank you!