

Eat Like a Champ

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What is Eat Like a Champ?

Eat Like A Champ is a free, evidence-based healthy eating education programme aimed at primary school children aged 9-10 years Year 5 (England and Wales), Primary 6 (Northern Ireland) and P6 (Scotland).

Written in collaboration with the **British Nutrition Foundation** to ensure that:

- 🍏 lesson content supports primary school curricula throughout the UK;
- 🍏 healthy eating messages are consistent with current government guidelines;
- 🍏 resources are engaging and encourage healthy lifestyles.

www.eatlikeachamp.co.uk

