

Welcome to your BNF Healthy Eating Week printed resource pack!

We hope you have been finding our email updates and downloadable resources (e.g. BNF Healthy Eating Week planning guide, Health festival guide and the five challenge documents) useful in supporting your planning for the Week.

To further support your preparation, we are delighted to be able to send you the following printed resources:

- Eatwell Guide poster;
- Blank Eatwell Guide poster;
- Food cards x 48.

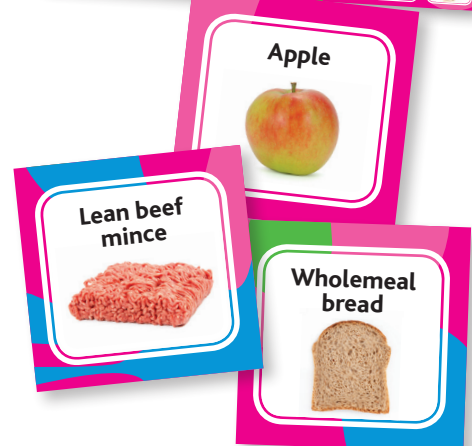
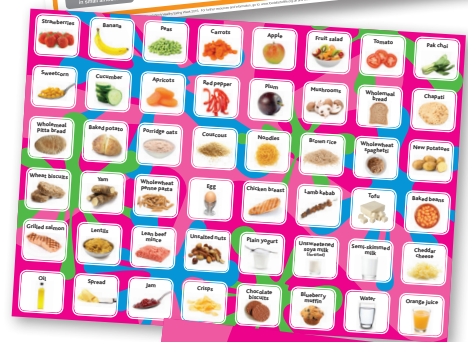
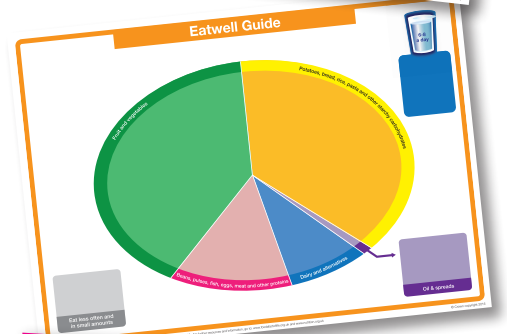
Here are some ideas for ways you might use these resources with your pupils:

- display your Eatwell Guide poster in a central area (e.g. hall, canteen, corridor, reception);
- talk to your pupils about the Eatwell Guide (e.g. What foods can you see? What do you notice about the size of the groups? What other foods could go in these food groups?);
- ask pupils to describe a recent meal and say where the foods and drinks they consumed would fit on the Eatwell Guide;
- task pupils to sort the food cards in different ways (e.g. those that come from a plant or an animal, those that grow on trees, those made from milk, those that count towards 5 A DAY, those you have to cook before you eat, those tried before);
- task pupils to sort the food cards into the correct groups on the Blank Eatwell Guide poster;
- task pupils to draw or write the foods and drinks they consumed the day before on slips of scrap paper and then sort them into the correct groups on the Blank Eatwell Guide (Could they improve on their day's diet?);
- look at meals from around the world and sort the ingredients from the meals into the Blank Eatwell Guide groups.

Do let us know how you use these resources, or send us a photo! You can send a Tweet to @foodfactoflife #HEW16 or email Kim at k.down@nutrition.org.uk

Best wishes

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British Nutrition Foundation



These printed resources have been developed by the British Nutrition Foundation (BNF) for BNF Healthy Eating Week and are supported by the Beef & Lamb and Dairy divisions of the Agriculture Horticulture Development Board (AHDB), Capespan, Danone, Greggs and KP Snacks.