

# TEACHING AND LEARNING GUIDANCE FOR PARENTS

Welcome to our monthly Learning Newsletter. These newsletters look to help you to implement tried and tested learning strategies at home, in order to benefit your child and further enhance their educational experiences in the long term.

## Healthy Eating Week

It's not long now until the British Nutrition Foundation's Healthy Eating Week which runs from Mon, 14 June to Fri, 18 June 2021.



BNF Healthy Eating Week takes all of the UK on its 'Find your healthier you' journey! They will be encouraging everyone to reflect on their lifestyles and look to make improvements to enhance their health and wellbeing.

The 'Find your healthier you' message will be supported by five themes across the week:

- Know the facts – information, advice and myth busting.
- Make a healthier choice – tips and tools to make better choices;
- Plan for success – ways to plan healthier meals and menus;
- Be the chef – how to cook healthier options, with links to recipes and ideas;
- Keep moving – promoting the importance of being active for health.

All the latest BNF Healthy Eating Week information and resources are on the British Nutrition Foundation's main website. To find these go to [www.nutrition.org.uk/healthyliving/hew.html](http://www.nutrition.org.uk/healthyliving/hew.html)

In Food Preparation & Nutrition lessons we focus on how to prepare food and what nutrition we gain from it. We use the NHS Eatwell Guide to help pupils understand how much of what we eat overall should come from each food group to achieve a healthy balanced diet.

Talking about food and nutrition as a family can help to set children's habits for life. There are 8 tips for healthy eating that you can promote:



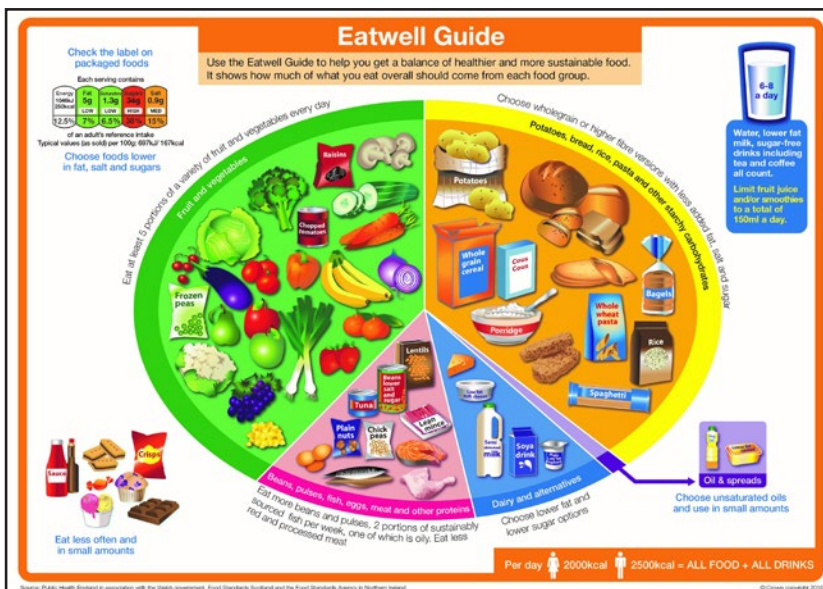
1. Base your meals on high fibre starchy carbohydrates
2. Eat lots of fruit and vegetables (a variety of at least 5 a day)
3. Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish.
4. Cut down on saturated fat and sugar
5. Eat less salt: no more than 6g a day for adults
6. Get active and be a healthy weight
7. Do not get thirsty
8. Do not skip breakfast

Find out more at

[www.nhs.uk/live-well/eat-well/the-eatwell-guide/](http://www.nhs.uk/live-well/eat-well/the-eatwell-guide/)

and you can download the Eatwell Guide booklet here:

[www.gov.uk/government/publications/the-eatwell-guide](http://www.gov.uk/government/publications/the-eatwell-guide)



## Issue Focus: Healthy Eating

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if you wish to discuss anything covered in this newsletter