**British Nutrition Foundation**

**BNF Healthy Eating Week 2019**

We will be participating in BNF Healthy Eating Week from 10-14 June 2019.

The purpose of the week is to promote key health messages and habits to young people.

We will be trying some of the BNF Healthy Eating Week challenges during the week. You can support your child with the challenges by trying the activities below.

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| **The challenge** | **Family activity ideas** |
|  | **Have a special healthy family breakfast** – include wholegrain or higher fibre varieties of food (e.g. wholegrain breakfast cereal, wholemeal bread), a portion or more of your 5 A DAY and an unsweetened drink. |
|  | **Create a family 5 A DAY planner** – plan what you’ll have for your  5 A DAY every day for a week – keep it on the fridge to help  everyone remember! Can you include a vegetable or fruit that none of your family has tried before? |
|  | **Track your drinks** –get everyone at home to keep track of what they drink for a day. Did everyone manage to have at least 6-8 unsweetened drinks? |
|  | **Get everyone active** – as a family, try a new activity that gets everyone’s heart beating faster. You could invent a new game and play it in the park! |
|  | **Plan a relaxing routine** – plan a relaxing bedtime routine for everyone at home. Bedrooms should be ‘sleep friendly’ – dark, quiet and cool. Remember to turn off electronic devices at least 1 hour before bedtime. |

Classes will be covering different health challenges:

Reception – Healthy Teeth

Year 1 – Have Five a Day

Year 2 – Get Active

Year 3 & Y3/4SB – Sleep Well

Year 4 and YHI – Have Breakfast

Year 5 & 6 – Drink Plenty

Useful website for further information: [www.nutrition.org.uk](http://www.nutrition.org.uk)