

Primary Healthy Heroes

Healthy Eating



Resource Contents:

5 Cards and ideas for lessons with cross curricular links:

- Eat a balance of foods
- Look after their teeth
- Eat breakfast
- Eat at least 5 fruit and vegetables a day
- Drink plenty of water

4 Worksheets:

- My balanced meal - plus a Polish version
- Breakfast chart
- 5 a day chart
- Water chart

Healthy Heroes Teacher Guide

List of Useful Website Links

Plus a Class Set of 30 Hero Cards and Stickers

Resources available to purchase from £35

Buy all four topics together and receive additional resources:

A3 display poster template, certificate of achievement and pledge certificate for the family, Healthy Hero eye mask, face masks and logo to use for a Healthy Hero celebration event, evaluation sheets for healthy eating and physical activity topics.

Visit our website for further information on Healthy Heroes

or to order resources www.lhsp.org.uk/healthyheroes