



Dear Kate Piercy

The start of a new year is the perfect time to inspire healthier habits.

Teach your pupils to make healthier swaps using our curriculum-linked resources for Reception, KS1 and KS2.

Take your pupils on an adventure in 'Sugar Smart World' to help them learn about how much sugar is in their everyday food and drink and how to find healthier swaps.

You can head to the School Zone to download our range of fun and flexible [lesson plans](#), [display board print-outs](#) and [recipe ideas](#).

Download now

What should pupils have on their plate?



Our **Eatwell guide** helps pupils identify the different types of food that make up our diet, and helps them

learn the proportions they should eat. Use this guide in your lesson to spark discussion and help pupils understand how they can maintain a healthier and more balanced diet.

Download now



Healthy habits are all about balance. Promote physical activity alongside healthier eating with our **Shake Up your school lesson starter**.

Featuring our very own Lionesses from the England women's national football team, and Lioness performers from the hit West End musical, *The Lion King*, our lesson starter is the perfect way to kick-start your class with energy.

Download now

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