



Healthy Lifestyle Choices Workshops with Year 5 and 6.



Healthworks
the community health charity

The aim of the project was to teach a group of year 5 and 6 children healthy lifestyle choices to pass on to their peers. They delivered 4 sessions and led an assembly to showcase what they had learned to the rest of the school. They all received a certificate and badge for participating.

The sessions included 2 healthy eating sessions making healthy snacks, looking at the Eatwell Guide and thinking about better food choices to make. The last 2 sessions were based on physical activity, playing playground games and looking at the importance of fitness. They also looked at 'happy me time' where the children received an activity book donated by the National Literacy Trust.



Family Cooking Sessions run by Health Promotion Practitioners at Healthworks Newcastle.

Following on from these sessions the Health Promotion Practitioners offered a 4 week family cooking course. Parents and their children attended sessions where they were taught how to cook healthy meals on a budget.

