

All the staff and students at UVHS would like to take this opportunity to pass on their thanks to M&S in Ulverston for their incredibly generous donation of over 1,200 pieces of fruit to the school so everyone could enjoy "Free Fruit Friday" as part of Healthy Eating Week! This gave a real boost to everyone's 5 a day!

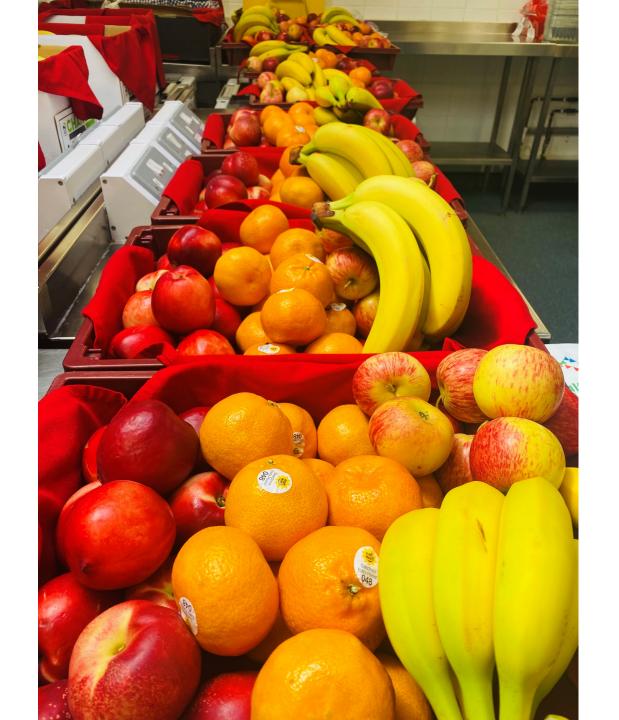
Thank you very much!













UVHS Healthy Eating Week 2021!

Even though this was the second year that there was some disruption to Healthy Eating Week this didn't stop Year 7 - 10 taking part every day in a Covid friendly way! There were five new themes this year:

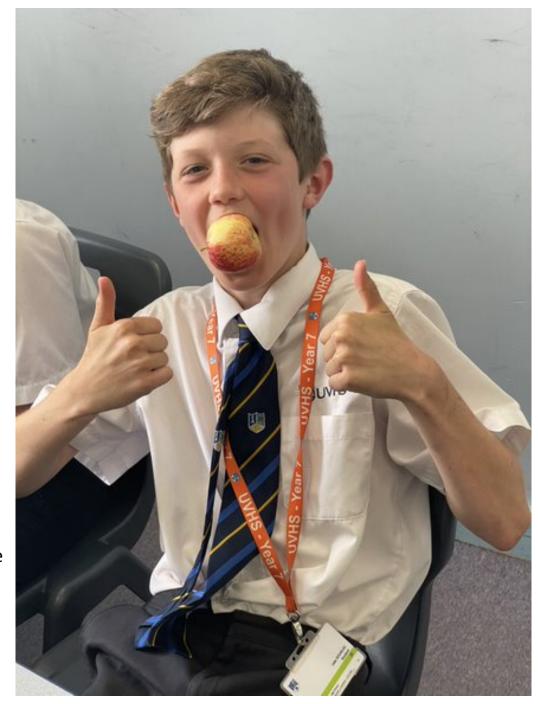
- Monday Know the facts
- Tuesday Make a healthier choice
- Wednesday Plan for success
- Thursday Be the chef
- Friday Keep moving!

Students were given an assembly every day which also included a video straight from the British Nutrition Foundation explaining each theme. There were form time activities including:

- Learning about the health affects of energy drinks
- Kahoot quizzes
- Looking at portion sizes in the UK vs USA
- Links to live cook a long sessions with Waitrose and Food A Fact Of Life
- A healthy eating cook off competition on Teams
- Trackers to monitor how much water and portions of fruit we have each day
- A form time HIIT session to get everyone active
- Free fruit Friday!

The highlight of the week was the chance to give every student in school (Plus lots of staff!) on Friday 18th June a piece of fruit. M&S in Ulverston were very generous and donated crates of delicious oranges, apples, bananas, nectarines, carrots and grapes. We cannot thank them enough for their amazing contribution, and Mrs Brooks, Miss Dixon and myself were delighted to put together hampers of fruit for all the form groups and hand them out at lunchtime.

Thanks for taking part in Healthy Eating Week 2021 UVHS! Mrs Ford ☺







7.6
enjoyed
"Free
Fruit
Friday!"





Know the facts

Eat well

Choose a wide range of healthier foods in the right proportions.

Increase your fibre

Make sure you get your 5 A DAY and eat more wholegrains.

Drink plenty

Have at least 6-8 drinks a day.





Find your healthier you

Make healthier choices

Read the

Compare nutrition labels to make healthier choices.

Get portion wise

Choose the right size portion for you.

Make super swaps

Go for lower salt, fat and sugar options.



The Bittish Nutrion Foundation Healthy Eating Week is developed by the Bittish Nutrion Foundation and supported by the Agriculture 8 Hartiquiture Development Board (IHDS), Ont SI Pleas, Once Object, Innocent district, Wichold S Particles and Walturfore.

The Birlish Multime Promision Healthy Baing Steel is developed by the British Northur Foundation and supported by the Agriculture & Herbookse Development Steel (M-CR), OH III Faco, Green Gard, Innocessi drinks, Walness & Parkers, and Nickarisms.



Find your healthier you

Plan for success

Plan ahead

Make a food plan for the week and keep it varied.

Track your progress

Set goals and track how well you do.

Change your normal

Small changes can help you achieve your goals.





Find your healthier you

Be the chef

Get cooking

Encourage a love of cooking.

Cook healthier

Make healthier meals by changing ingredients and the way you cook.

Be inspired

Use recipes and tips from friends, and share your success.



The British Summer Processions records being them is developed by the British Summer Foundation and supported by the Agriculture & Hardwolfure Development Blazel (MCB), Child Flaco, Green Glants, Innocent Africa, Stateman & Partners, and Welfurthins.





Find your healthier you

Keep moving

Get active

Find ways to be more active everyday.

Get on track

Follow the physical activity recommendations.

Keep it fresh

Stay motivated by trying new ways to be active.





The Billion Nutrition Pountation Heality Saling Steek is developed by the Billion Substance Pountation and supported by the Agriculture & Hardandow Development Stand (NHOS), Clid SI Faco, Green Stand, Incommittation, Stationark & Factors, and Warkschool.

