

# M&S



BNF  
**Healthy  
Eating**  
Week

*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!*









M&S

## BNF Healthy Eating Week



- Hello!
- ✓ I hope you enjoy FREE FRUIT FRIDAY!
  - ✓ It's so important to have your 5 a day, and this should give you an extra fruit boost to your day!
  - ✓ This fruit has very been kindly donated to the school by M&S in Ulverston
  - ✓ The fruit has been quarantined for 48 hours for Covid compliance
  - ✓ If you don't want to eat your fruit right now, please put it in your bag and take it home for someone else
  - ✓ Please leave your form rooms tidy for your form tutors ☺
  - ✓ If you have time, please can you bring your trays back over to the DT staffroom or tell me where it is and I will collect it

Thank you for taking part in Healthy Eating Week 2021,  
Mrs Ford ☺





## 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 18<sup>th</sup> 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!”*





Find your healthier you

# 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.



The British Nutrition Foundation Healthy Eating Week is developed by the British Nutrition Foundation and supported by the Agriculture & Horticulture Development Board (AHDB), Old St Pauls, Green Giant, Innocent drinks, Waitrose & Partners and Waterstones.

Find your healthier you

# Make healthier choices

## Read the label

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.



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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.



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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.



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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.



BNF  
**Healthy Eating Week**

