

Resource Pack (SECONDARY) – Healthy Eating Week 2021

Healthy Eating Week 2021 takes place from **14th – 18th June**. This year's theme is '**Find your Healthier you**' with five elements:

- Know the facts – information, advice and myth busting.
- Make a healthier choice – tips and tools to make better choices.
 - Plan for success – ways to plan healthier meals and menus.
- Be the chef – how to cook healthier options, with links to recipes and ideas.
- Keep moving – promoting the importance of being active for health.

Below are links to resources to use during Healthy Eating Week in PSHE/RSHE lessons, class/tutor time and assemblies. The resources are all produced by reputable organisations, but the School Health & Wellbeing Project has not assessed them. Please review your chosen resource(s) before use to ensure they are suitable for your pupils.

Links to the RSHE curriculum:

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The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health.

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How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.

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[British Nutrition Foundation](#)

Activity packs have been created to give you an overview about the week and its five themes. There are also a range of activity ideas for each day/theme: <https://www.nutrition.org.uk/attachments/article/1393/HEW%20-%20Secondary%20school%20teachers.pdf>

Also available are a set of [posters](#) and [videos](#) (theme and healthier cooking), a short [presentation](#), a range of [trackers](#) that have been created to support you and others throughout the week, a [How healthy are you? quiz](#) a presentation about the week, as well as [Zoom/Teams background](#) and [Certificate](#) to download. There is also a [primary school assembly and secondary school tutor time activities](#).

[Twinkl](#)

Information pages about Healthy Eating Week and this year's theme: <https://www.twinkl.co.uk/event/healthy-eating-week-2021>

[British Dietetics Association](#)

A downloadable food fact sheet about healthy eating: <https://www.bda.uk.com/resource/healthy-eating-for-children.html>

[Food a Fact of Life](#)

Resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating: <https://www.foodafactoflife.org.uk/>

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Public Health England

The Eat Well Guide has been updated by Public Health England to highlight the different types of food that make up our diet, and help pupils learn the proportions we should eat to have a healthier and more balanced diet:

[Eatwell guide | PHE School Zone](#)

Physical Wellbeing curriculum-linked lesson plans and classroom materials for year 6, KS3 and KS4 including Power Point presentations, student activities, differentiated options and films. Students discover self-care actions to support their wellbeing including getting active, eating well or getting good quality sleep.

[Physical Wellbeing](#)

Healthier Together

Web pages for young people with information, tips and advice about healthy eating and weight:

<https://frimley-healthiertogether.nhs.uk/health-for-young-people/staying-healthy/healthy-eating>

Rise Above

Video about sugar in our diet for year 7 students: <https://riseabove.org.uk/article/jimmy-investigates-sugar/>