

Task 5 Healthy Eating Week



We are monitoring the growth each week.

Middle room learned about the food pyramid and portion size !





Children sampling various fruits and veg during Healthy Eating week.



Children tasted fruit that they had not tasted previously and surprisingly liked it!



Children took part in the taste test where they had to guess the fruit /veg without seeing it. The children really enjoyed this activity as some had thought they wouldn't have liked certain fruit and veg!



Getting plenty of Sunshine in our small garden.





During Healthy eating week we learned about the importance of a balanced diet and worked on our own healthy meals.