



Healthy Eating Week 19th-23rd October

At Balby Central we are aiming to raise the profile of Physical Education and being healthy through our motto of 'Think it, Try it, Do it'. PULSE, our sports coaches led workshops with all year groups to educate them about the importance of being healthy and eating the correct food.

Pupils discussed having a balanced diet and were encouraged to look at their own diet to see if it was balance. Children identified different food groups to expand their knowledge about the food they were eating allowing them to design their own plates of food ensuring a balanced diet from different food groups such as carbohydrates, protein, fats and fruit and vegetables.

In the new year we are going to be working alongside ASDA and Change 4 life to promote the 'sugar swap' campaign again, highlighting the importance of eating the correct foods but more importantly for the children to understand and have the knowledge and information about the food they are eating.