



Healthy Living Week at The Parkland Federation



July 2021

During healthy living week, children from both schools learned all about the benefits of a healthy lifestyle and ways in which to maintain this.

There were several activities, ranging from a live assembly from Albion in the Community's nutritionist, Mari Clark, to some fruit tasting as well as toothpaste making!

All of the children really enjoyed the various activities on display and learned a lot from taking part in the activities during the week. Read on to find out what each year group learned during this week!





EYFS

EYFS have had a great week taking part in Healthy Living Week. We've been exploring different types of fruit and vegetables, taking observational paintings of types of fruit, fruit tasting and making our own toothpaste! The children have loved taking part in these activities and even tried some new foods as part of their homework. Amazing work as always, Reception! We're so proud of you!



YEAR 1



Year 1 had a great time taking part in Healthy Living Week! The children made their own toothpaste and tasted a range of delicious fruit. The children have also conducted an experiment to observe the effects of some liquids on teeth, using eggs. We have submerged eggs in vinegar, orange juice, water, squash and coke to see if the egg shells change! The results were quite shocking!

The children loved taking part in the circuits with sprinter Frederick Afrifa. He certainly put us through our paces!

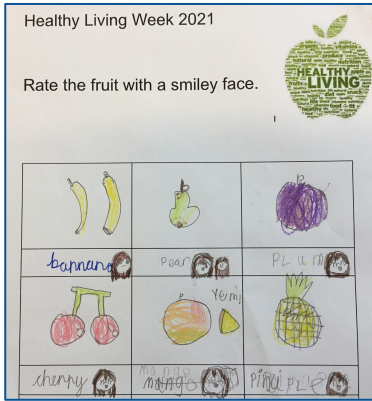




YEAR 2

Year 2 had great fun during healthy living week. The children knew so much about how to stay healthy already but found out some really interesting facts from our Sports nutritionist.

"I didn't know orange juice was bad for teeth" Danny, Santat Class



"I learnt that there are 12 sugar cubes in a big bag of Haribo" Iyla, Santat Class

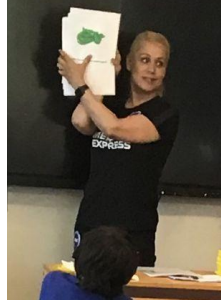
"I realised I liked so many different fruits after trying them in class!" Jayden, Dahl class.

YEAR 3

Year 3 had a fantastic Healthy Living Week! We learnt so much from our special visitor who told us all about the importance of our heart and how to keep it healthy. Following on from this, we then created a poster of how to keep our heart healthy! We then got to learn all about our teeth and what we should do to look after them. We made our own toothpaste and put it to the test to see how quickly it cleans! Thank you, Mr Thrower for organising a brilliant week!

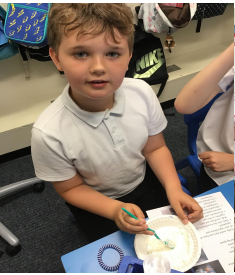


YEAR 4



Lots of activities were enjoyed by Year 4 as part of their healthy living week. A guest appearance from Mr Thrower's mum, who is a registered nurse, kicked off the week and taught the children all about how to have a healthy heart. The children then took part in some PE activities and then created their own toothpaste! The children tasted some fruit and were then treated to a healthy eating session by Albion in the Community nutritionist, Mari Clark. All the children had a fantastic week and learned so much from taking part in the activities.

YEAR 5



Year 5 had a great time during Healthy Living Week. They loved making toothpaste and were very involved with the nutritionist, tasting different peppers. Not all of the children enjoyed the taste of the pepper, but were brave at trying it. Thank you for organising a great week!

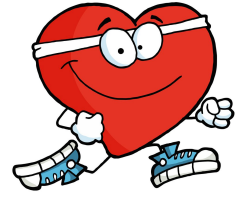




YEAR 6

Year 6 had a fantastic 'Healthy Living' Week! The visitors to the school really inspired the children. They were able to ask questions to help them gain a greater understanding of the impact unhealthy foods can have on the body.

They learnt how to keep themselves healthy and the effects of different liquids on their teeth. They created posters and carried out a variety of investigations. A great time was had by all. Thank you, Mr. Thrower for organising this.



Albion in the Community - Pepper Tasting

Children from the infant and junior school had a fantastic healthy living week. The children were treated to a live session from Brighton & Hove Albion nutritionist, Mari Clark.

The children learned so much during the session, such as during sport, muscles get damaged but protein repairs muscles and they actually come back stronger. The children also learned that the minimum amount of fruit and vegetables per day is 5 portions. We also learned that five portions is equivalent to 5 handfuls of fruit and vegetables.

However, in other countries, this is different. The minimum amount for Finland is 6 portions, USA is 7 portions and Australia is 11 portions! We learned about the difference between a snack and a treat and how to be wise about how many treats we have.

The children also found out that the maximum amount of sugar is 6 cubes of sugar per day for children and 7 cubes for adults. We also found out that there are 4 cubes of sugar in a small bag of Haribo, 36 cubes of sugar in a bag of jelly beans and 84 cubes of sugar in a large bag of sweets.

Eat the rainbow was the most important message of the day, with another message about the importance of breakfast because of the glucose and energy it helps you gain during the day. We also spoke about the naughty corner foods - those foods that are high in sugar.

The children also took part in a pepper tasting session, trying peppers whilst eyes closed and pinching nose and then describing the taste. The children then compared the taste whilst having all their senses and compared the difference between the two.

Everyone had a fantastic time learning all about healthy foods and loved the session that Mari put together. Please can the whole of the Parkland Federation say a huge thank you to Mari Clark and Albion in the Community for such a wonderful session. All of the children thoroughly enjoyed it and found it was highly valuable for them making their food choices later in life.



Thank you!



Please may the Parkland Federation say a huge thank you to Tesco in Lottbridge Drove for their support during Healthy Living Week! Tesco very kindly donated satsumas for children in every class. Thanks again, we are so grateful for your fantastic support!

A BIG
thank
you
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