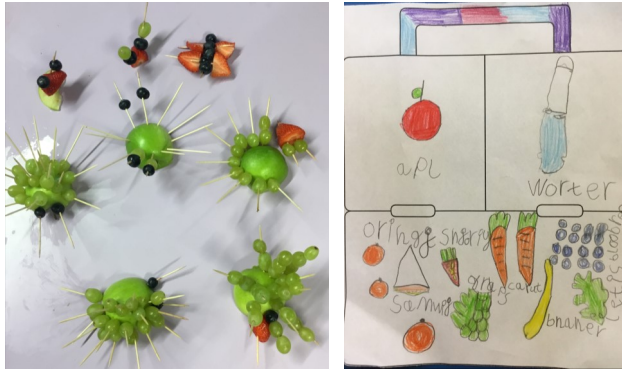


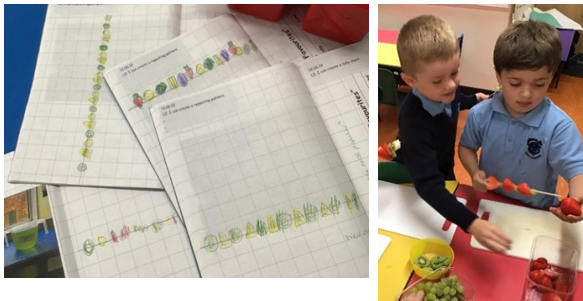
Chevening (St Botolph's) CE Primary School Special Report: Healthy Eating Week 10-14 June 2019

Healthy Eating Week

Class R have been learning all about being healthy and how we can make healthier choices in our everyday life. They created their own healthy lunchboxes and designed their own animals out of fruit!



Class 1 designed some fruit kebabs using repeating patterns. We then chopped the fruit and put our kebabs together. We even got to eat them afterwards! They were delicious! We then learnt how to do a tally and completed a class survey to find out which was Class 1's favourite fruit.



Class 2 made collages using fruit and vegetables. Later, they made pizzas - Yummy!



Class 3 have been have made rainbow pasta salad. They chose from a variety of healthy ingredients including cucumber, tomatoes, peppers, sweetcorn, beetroot, carrot, celery and of course, pasta. They also looked at the nutritional information on lots of different food and drink packages.



Class 4 made their own questionnaires to find out about people's eating habits. Later, the children designed and made some healthy breakfasts. Also, to make use of all that energy from the food, the class have been doing activities such as speed bounce, long jump, hurdles and javelin throwing.



Class 5 have been thinking about the importance of good mental health alongside their physical health. We thought about what good and poor mental health might look like and what we can do to help ourselves when we aren't feeling our best.



Class 6 have been thinking about their spiritual health as well as healthy eating, remembering that Jesus is the 'bread of life'. They have been participating in a special service for leavers at Rochester Cathedral.

