

## **Year 4 Healthy Eating Workshops**

A feast for the senses! Year 4 pupils took part in a Healthy Eating Workshop last week led by Paul Aagard (East Sussex NHS) supported by Susie Haworth (School Meals Service) and Eden the school's catering company. The children learnt about what makes a healthy diet, how to achieve a healthy packed lunch and how much attention is paid to school lunches to ensure they are healthy and tasty. The children were able to sample a wide range of school lunch dishes, especially prepared for them. These included a tasty noodle dish, meatballs, fish pie, a spicy chicken dish, pizza and two fabulous desserts. There was even a popcorn treat too! The children spent the last part of the workshop creating their own healthy wraps which, if they had room after all their lunch samples, eat straight away or otherwise were able to take home.

The children supported by their teacher/teaching assistant then worked against the clock to present what they had learnt in the morning workshops in an afternoon assembly to their parents. The children rose to the challenge and performed a melange of creative dramas, readings, posters, songs and even a Healthy Eating inspired Zumba dance routine! Here's what some children had to say about the day:

'It really made me take notice of what I'm eating. We learnt about how brown bread gives you energy for much longer than white bread. We made popcorn and the man kept opening the lid and popcorn kept coming out.'

*Joseph Sweeting 4H*

'We tested lots of foods. It was very nice and I loved it all! I loved the noodles and the pudding and the wraps were the best.'

*Rosie Clark 4H*

I liked trying new food I'd never had before.

*Frank Yates 4C*

I loved it when we got to perform in the assembly.

*Jodie Morris 4C*

No offence, but it was probably better than my mum's cooking.

*Name deleted to avoid potential family conflict!!*

After eating all those healthy things it'll make me eat a more healthy diet.

*Maia Johnson Marwa 4C*

Parents and staff were very proud of the children's performances, illustrating just how much they had learnt that day. Parents were also invited to stay on to sample some of the school lunches too. They were also able to taste 2 brand new salmon dishes and vote for their favourite! A chef cooked a fantastic wok noodle dish while parents looked on. Our visitors involved in delivering the workshops, Mrs Beale and some of her kitchen staff and other representatives from Eden, were on hand to provide information and answer questions. A very big thank you to all who helped make the day such a success! Sam Norton

Director of Learning KS2

