

Dear Parent/Carer

This week is Health week at John Hampden. The purpose of the Week is to promote key health messages and habits to the children. You can support your child with the challenges by trying the activities below.

The challenge	Family activity ideas
	<b>Have a special healthy family breakfast</b> – include wholegrain or higher fibre varieties of food (e.g. wholegrain breakfast cereal, wholemeal bread), a portion or more of your 5 A DAY and an unsweetened drink.
	<b>Create a family 5 A DAY planner</b> – plan what you'll have for your 5 A DAY every day for a week – keep it on the fridge to help everyone remember! Can you include a vegetable or fruit that none of your family has tried before?
	<b>Track your drinks</b> – get everyone at home to keep track of what they drink for a day. Did everyone manage to have at least 6-8 unsweetened drinks?
	<b>Get everyone active</b> – as a family, try a new activity that gets everyone's heart beating faster. You could invent a new game and play it in the park!
	<b>Plan a relaxing routine</b> – plan a relaxing bedtime routine for everyone at home. Bedrooms should be 'sleep friendly' – dark, quiet and cool. Remember to turn off electronic devices at least 1 hour before bedtime.



### Activity ideas

- [See and Eat ebooks](#) – 24 colourful ebooks showing the 'farm-to-fork' journey for different vegetables.
- [Veggie bingo](#) – enjoy these six different vegetables with your child and colour in your bingo boards once you've eaten them.
- [Veggie stories](#) – turn these vegetables into characters and make up a story about them.
- [Veggie taster](#) – taste these six vegetables with your child and give them a smiley face rating.
- [Veggie treasure hunt](#) – next time you go shopping, hunt for these vegetables beginning with the letter 'c'.
- [Which veggie am I?](#) – cut out and match these vegetables with their descriptions.
- [Spot the veggies](#) – look at these dishes and spot the veggies they contain.
- [Veg and letter matching](#) – match these vegetable pictures to the letters they begin with.