**Living Well Schools  
Eating Well Workshop Part 1**  
  
**Day Xth Month: XX:XX – XX:XX**

**Learning Objectives:**

* **What does healthy mean to you?**
* **Benefits of a balanced diet**
* **A diagram of a balanced diet

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* **Importance of fibre, vitamins & minerals and vitamin D**
* **A diagram of food items

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A chart of food and fats

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A poster with text and images of food

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**Living Well Schools  
Eating Well Workshop Part 2  
  
Day Xth Month: XX:XX – XX:XX**

**Learning Objectives:**

* **Sugar recommendations**
* A group of labels with text

  Description automatically generated with medium confidence**Understanding food labels**
* **Healthy swaps & alternatives**
* **Bradfords packed lunch toolkit**

A chart of food labels

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A screenshot of a food chart

Description automatically generatedA group of cereals and a diagram

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