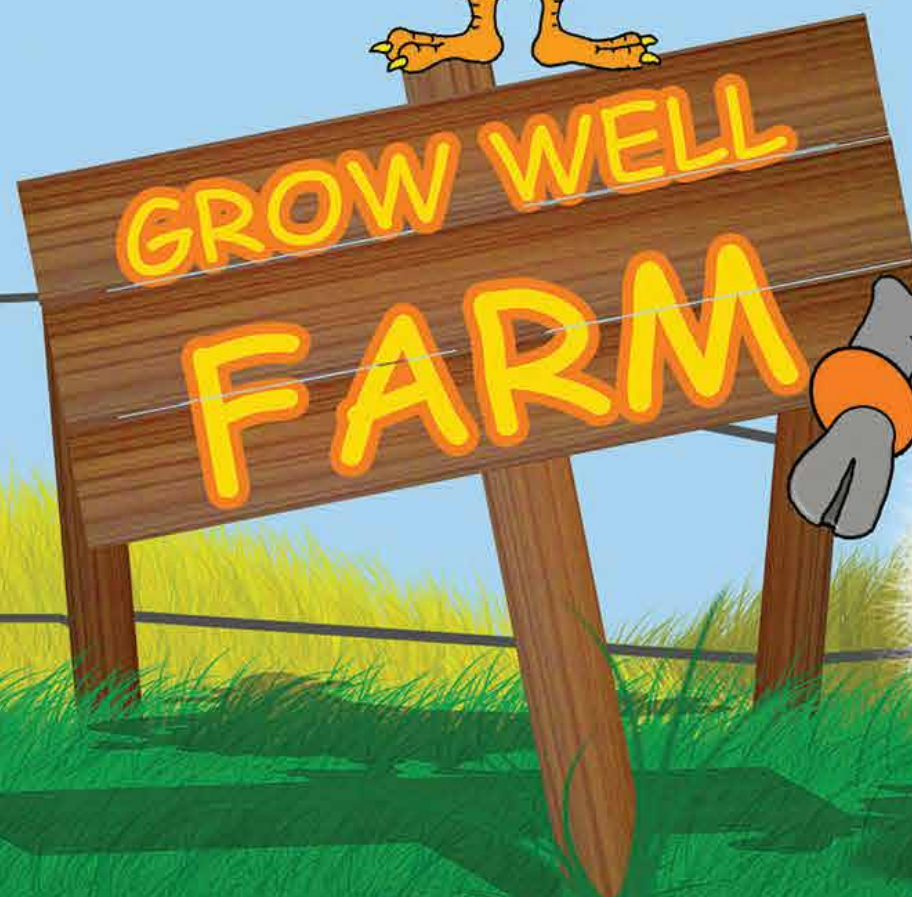




# THE STORY OF THE FARM ANIMALS GOING TO THE HIGHLAND GAMES





## About Grow Well Choices Early Years

Grow Well Choices Early Years has been developed by NHS Grampian with education partners. The key aim of Grow Well Choices Early Years is to promote healthy lifestyle choices in the early years. It is a fun resource, provided in the form of a toolkit, to early years and primary 1 establishments in Grampian. It is designed to engage children and parents/carers whilst supporting staff to deliver Curriculum for Excellence Health and Wellbeing experiences and outcomes.

The toolkit includes this storybook together with the following downloadable resources:

- Teaching guide
- Games guide
- Homelink activity sheets
- Progress chart
- Certificate of achievement
- Exemplar letters to parents/carers

**The toolkit is available on [www.nhsgrampian.org/GrowWellChoices](http://www.nhsgrampian.org/GrowWellChoices)**

We hope you enjoy using Grow Well Choices Early Years.

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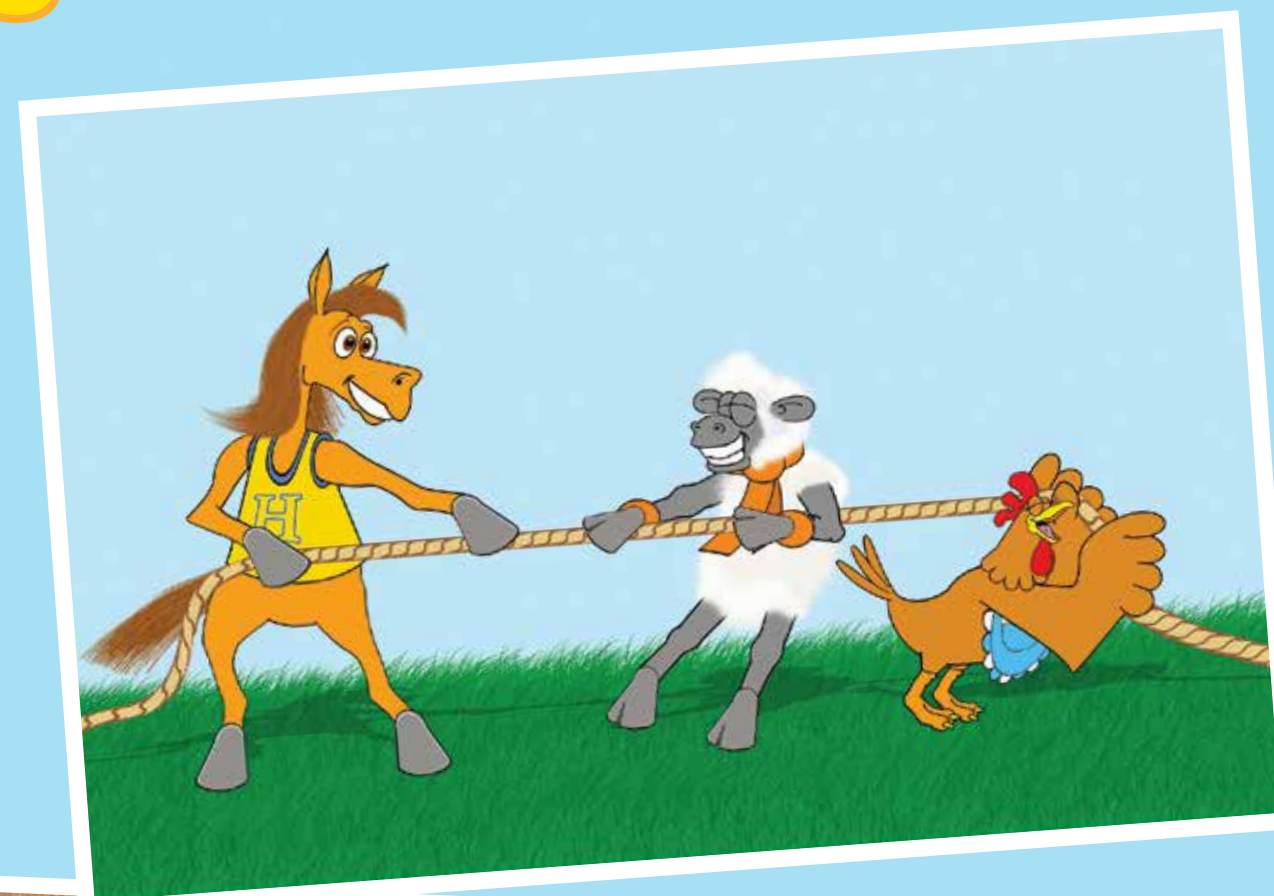
# The Highland Games

The Highland Games are like a big sports day, when all the family can take part and have fun.

The Highland Games are held in summer across Scotland.

Some things you can do or see at the Highland Games:

- Highland Dancing
- Tug-O-War
- Tossing the Caber





## Hazel the Hen

- **My favourite colour:** Blue
- **My favourite drink:** Fresh orange juice – it tastes good plus it counts as one of my 5 fruit and vegetables of the day
- **My favourite snack:** Bread – I can use it to make sandwiches, toast and eat it with soup
- **My favourite hobby:** Crafts – I love to make things. I make cards and jewellery to give to my friends.
- **My favourite sport:** Swimming – it's great to move about in water. Swimming with friends is so much fun!

# Hazel



## Lewis the Lamb

- **My favourite colour:** Orange
- **My favourite drink:** Fruit juice mixed with water - it's just delicious!
- **My favourite snack:** Pancakes – they are lovely and sometimes I like to have them with a bit of jam
- **My favourite hobby:** Jigsaw puzzles – it's so much fun doing jigsaws. They come in all sizes and colours.
- **My favourite sport:** Football – it's a fun way to play with friends and to be outdoors

Lewis



## Hamish the Horse

- **My favourite colour:** Yellow
- **My favourite drink:** Milk – it makes my teeth strong
- **My favourite snack:** Carrots – they are yummy and full of goodness!
- **My favourite hobby:** Reading – I love to find out about new things by reading lots of books
- **My favourite sport:** Galloping – running around the fields getting lots of fresh air is fun. It's even more fun when my friends join me!



Hamish



# Heather the Highland Cow

- **My favourite colour:** Green
- **My favourite drink:** Water – it is so refreshing
- **My favourite snack:** Yoghurt – I like plain yoghurt with fresh fruit mixed into it
- **My favourite hobby:** Playing board games with my friends and family – inside or outside, I love to be with others and have fun!
- **My favourite sport:** Cycling – it's something that I can do with my friends and family



**H**eather





The animals on Grow Well Farm are talking about the Highland Games.





Lewis the Lamb asks, "What are the Highland Games?"

"It is a big sports day with lots of fun games and activities. Everyone can take part," explains Heather the Highland Cow.

Hamish the Horse says, "We need to get active if we want to take part."

Lewis the Lamb shouts, "This is so exciting."

Heather the Highland Cow moos with excitement.

Lewis the Lamb bounces about in the field.

Hazel the Hen clucks with joy.

Hamish the Horse gallops in the field.

Hazel the Hen says, "OK everyone, lets get active!"





All the animals take part and try out some activities from the Highland Games, including tug-o-war, Highland dancing, running and throwing games.

"My heart is beating fast," says Lewis the Lamb.

"That's because we were jumping and running about," explains Heather the Highland Cow.

"Oh, I'm also feeling really hot," says Lewis.

"Yes me too," says Hazel the Hen. "Why don't we drink some nice, cool water."





The animals stop to rest and have a drink of water.

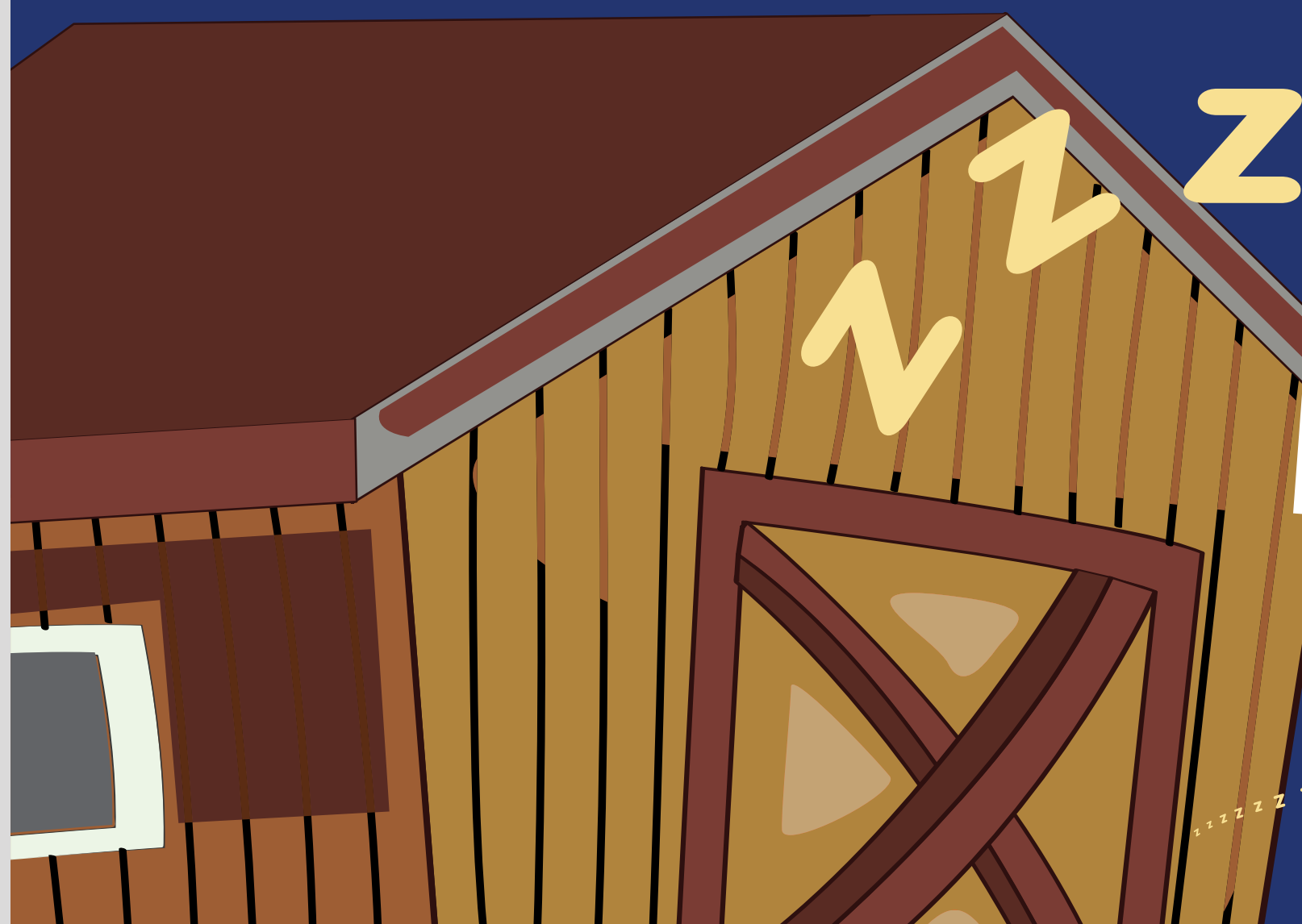
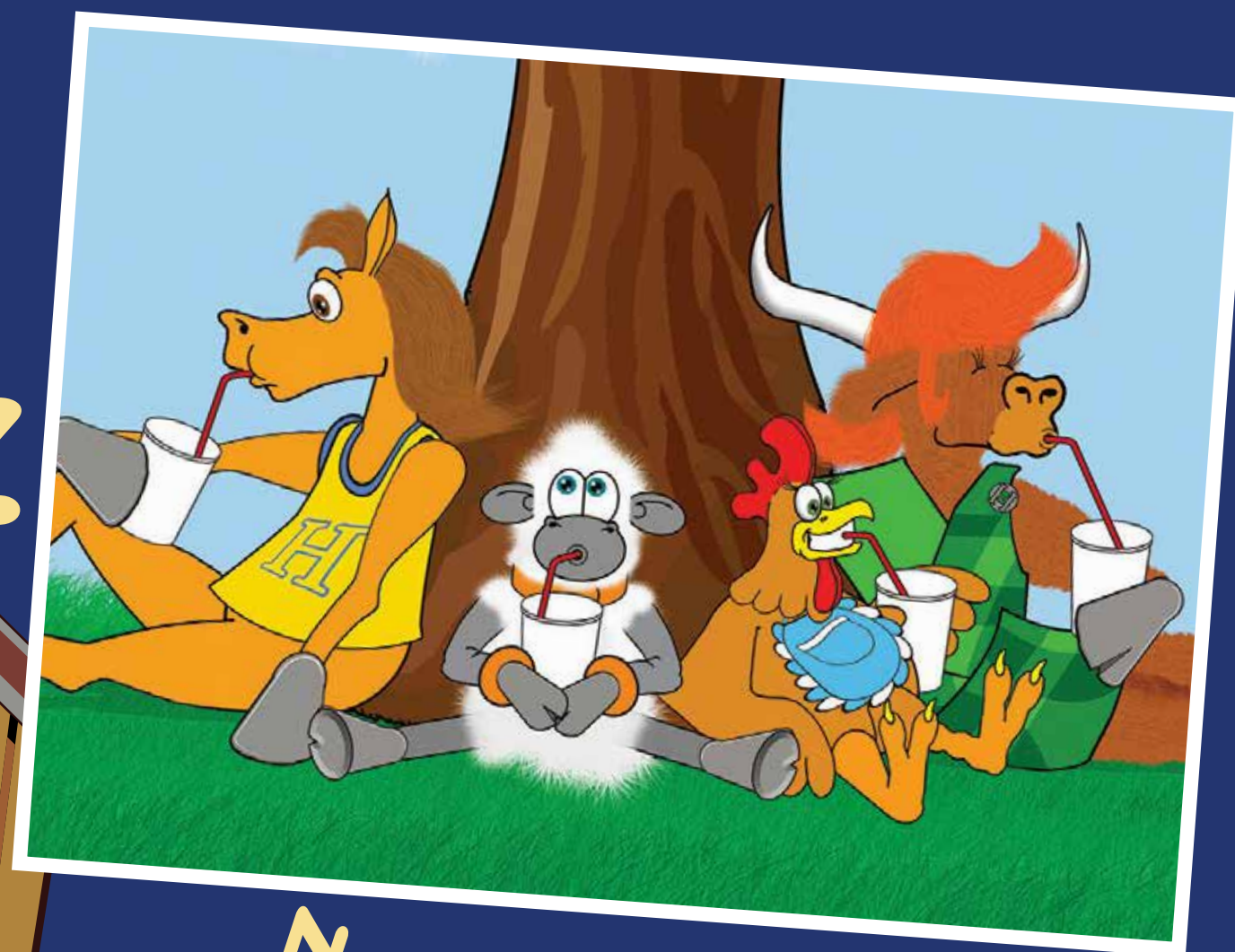
"What's been your favourite activity so far?" asks Hamish the Horse.

"I love to run and jump," says Lewis the Lamb.

That night, after they've had their evening meal, the animals all go to bed.

"Being active is so much fun, I can't wait to practise again," says Lewis.

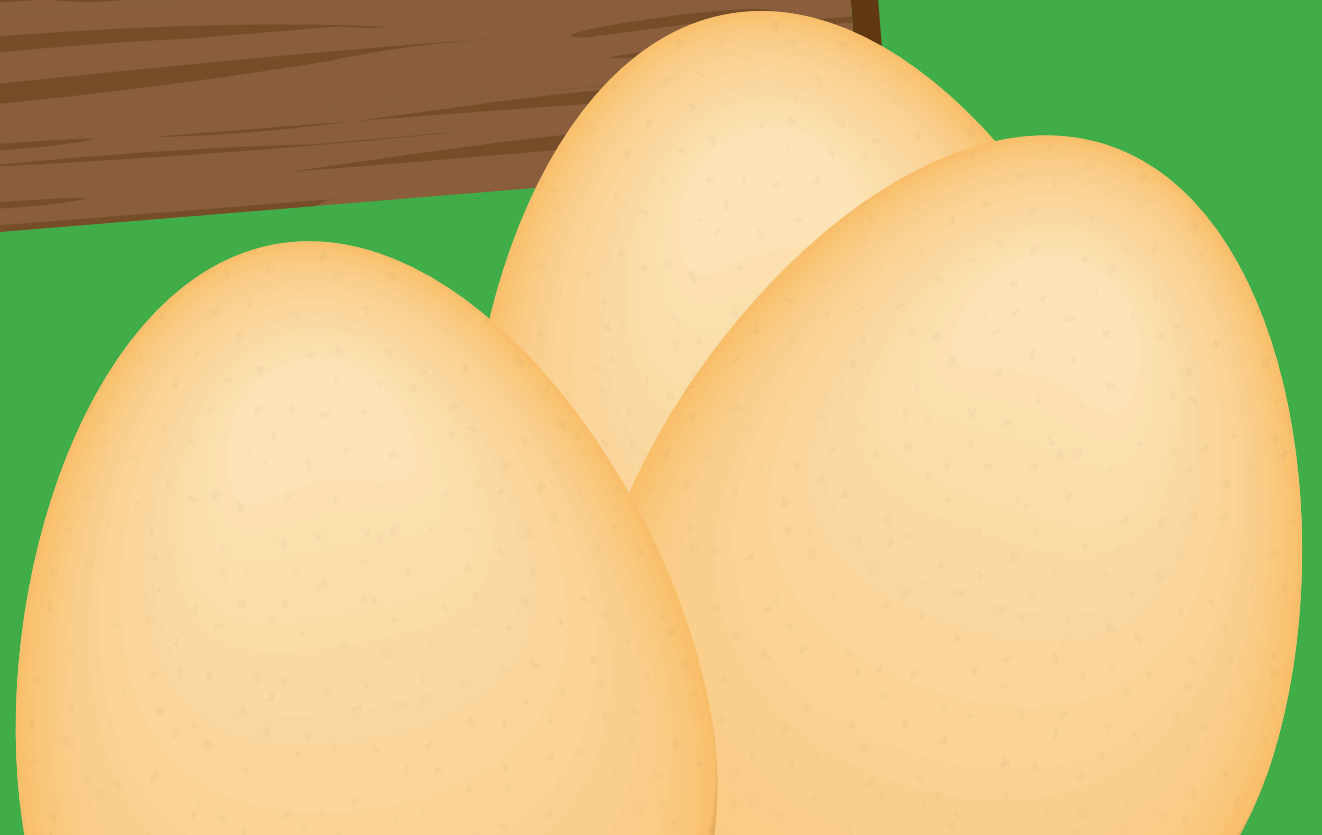
They all agree, then fall asleep in their own beds, happily dreaming about the Highland Games.

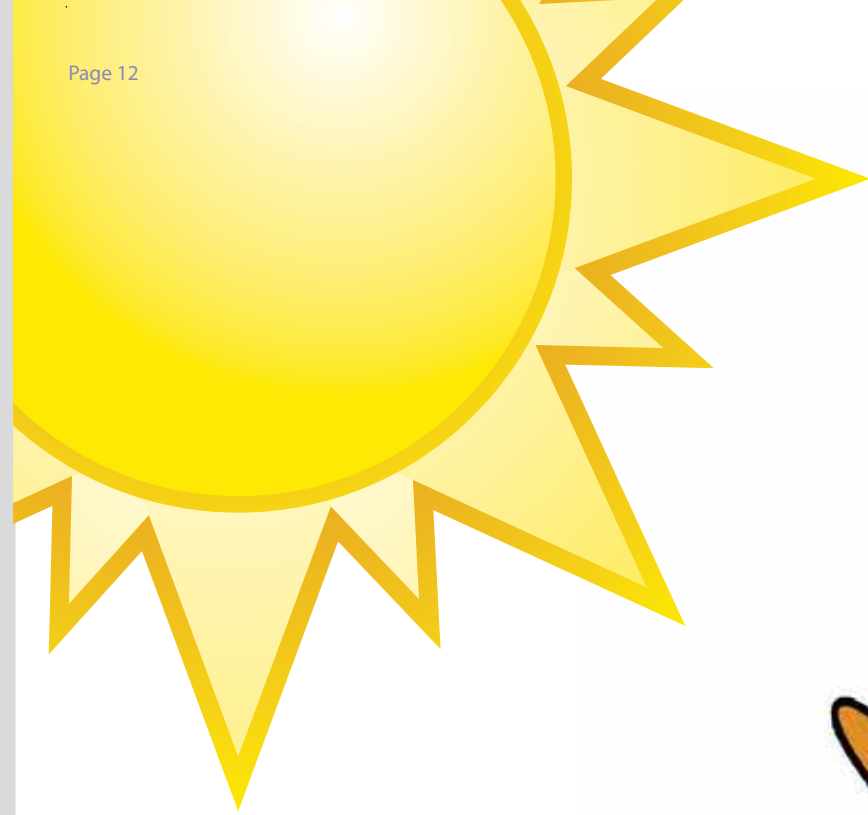




# Chapter 2

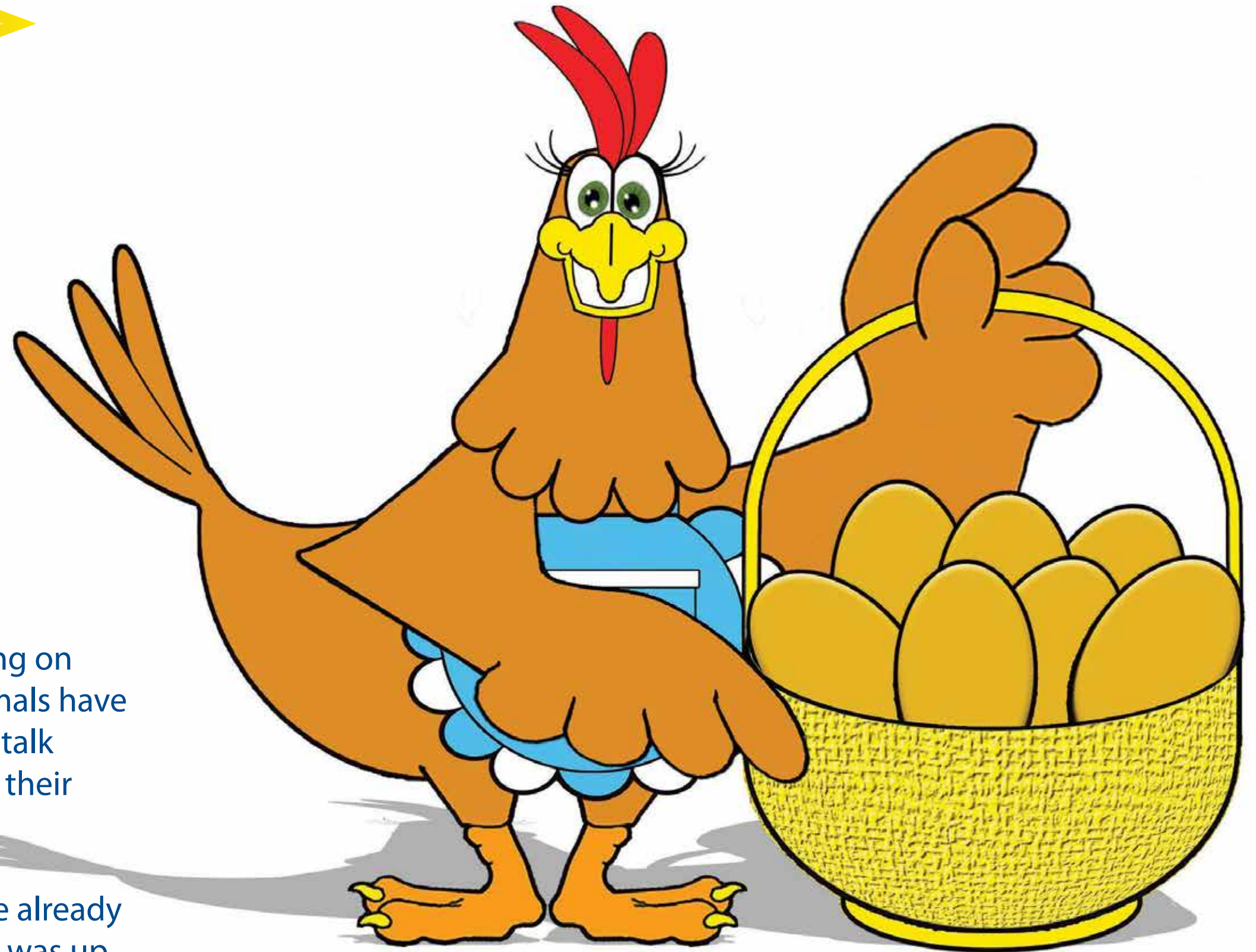
Eat Well Together





It's a bright sunny morning on Grow Well Farm. The animals have had their breakfast. They talk about gathering food for their meals today.

Hazel the Hen clucks, "I've already laid some eggs today as I was up bright and early. We can cook eggs in many ways such as omelette, scrambled or boiled."

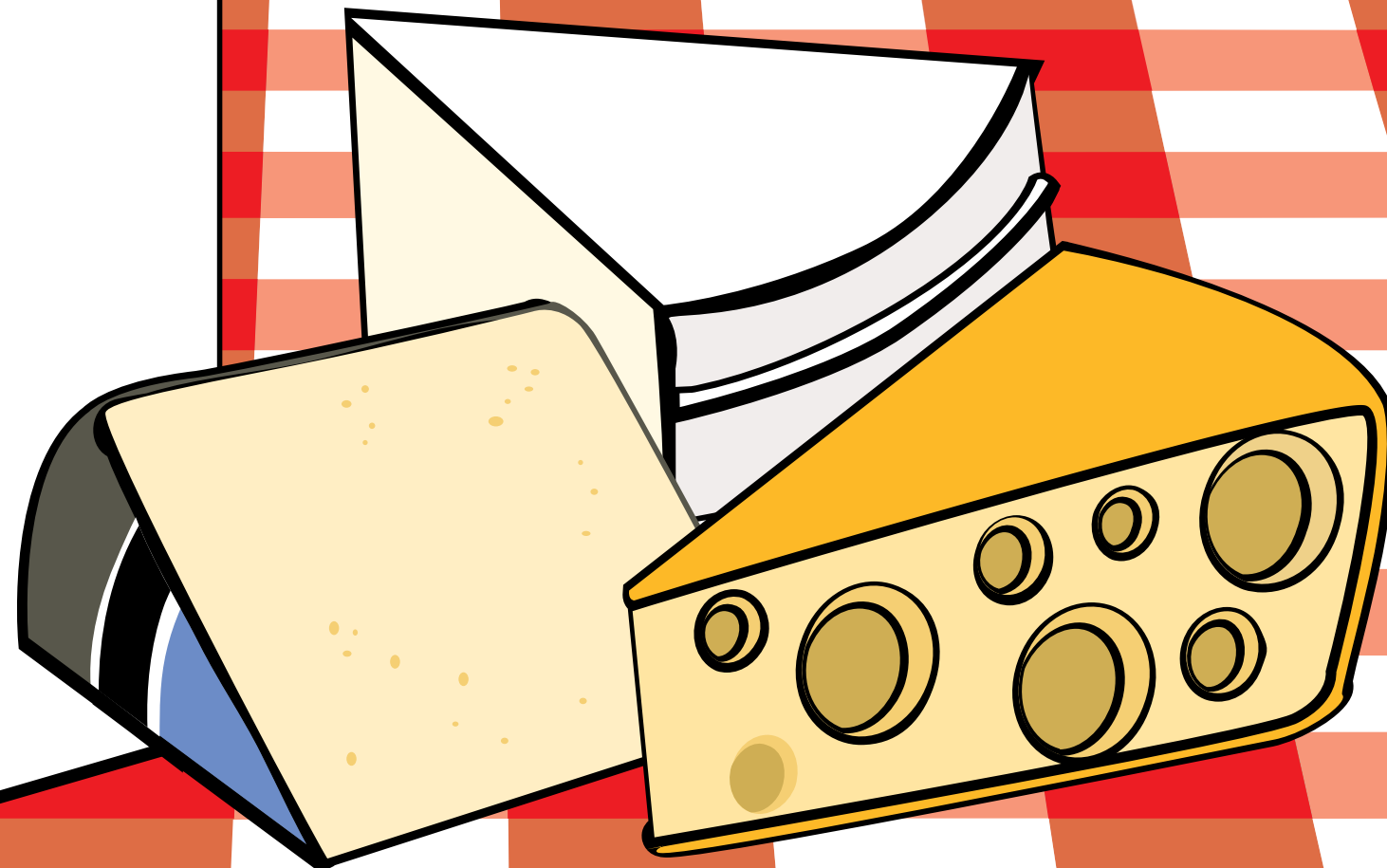






"Eggs are also a good source of protein which we need to help us grow," adds Heather the Highland Cow. "Milk is important as well because it has lots of calcium, which we need for strong teeth and bones."

"Did you know that calcium is in cheese and yoghurt too?" asks Hazel the Hen.



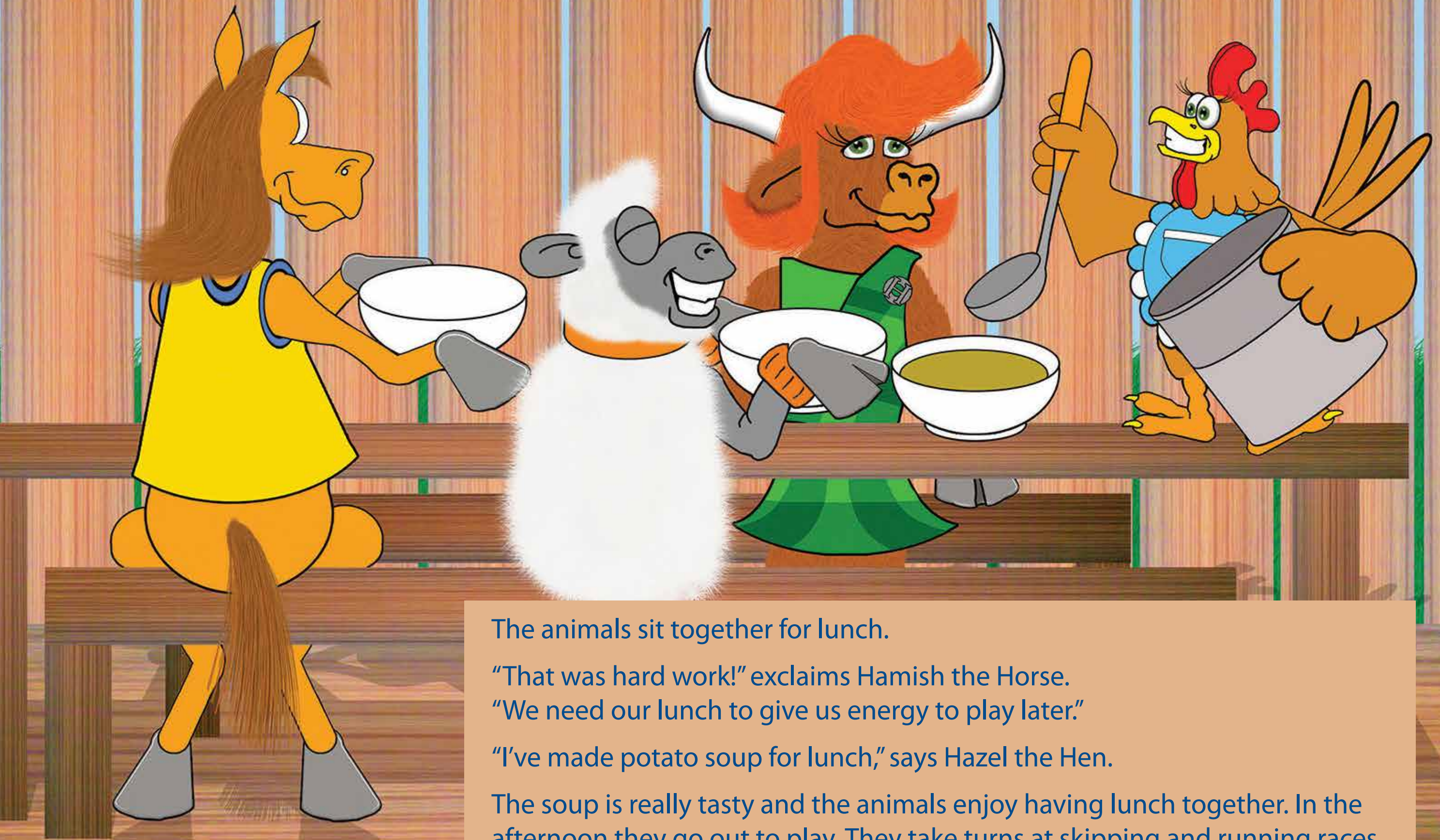


“Wow,” says Lewis the Lamb, “that’s amazing. I’m going outside to help Hamish, because he’s working in the field.”

Hamish the Horse has dug up some potatoes and he is now picking carrots, onions and turnips. Lewis helps by putting them into the sacks.







The animals sit together for lunch.

"That was hard work!" exclaims Hamish the Horse.

"We need our lunch to give us energy to play later."

"I've made potato soup for lunch," says Hazel the Hen.

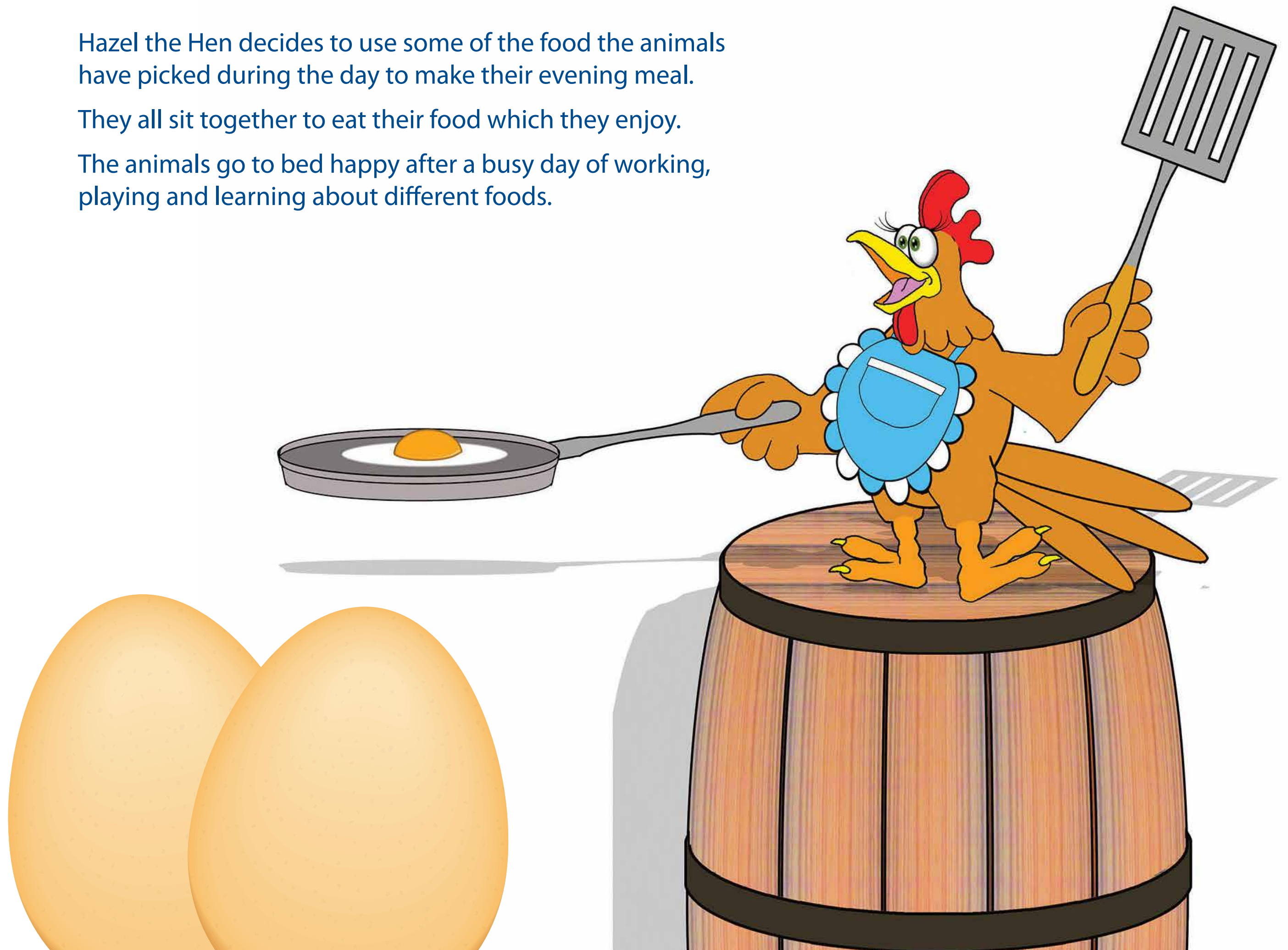
The soup is really tasty and the animals enjoy having lunch together. In the afternoon they go out to play. They take turns at skipping and running races.



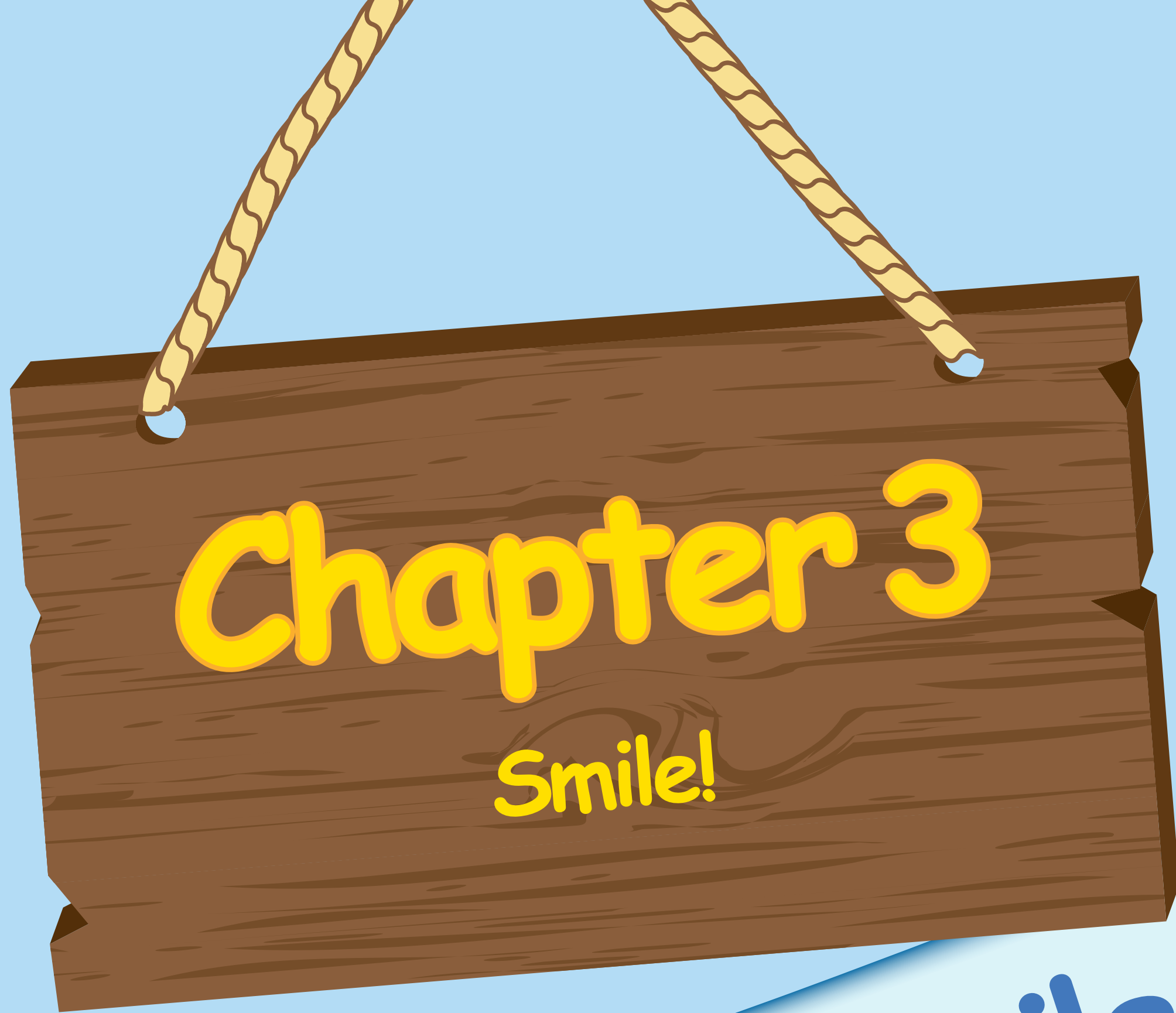
Hazel the Hen decides to use some of the food the animals have picked during the day to make their evening meal.

They all sit together to eat their food which they enjoy.

The animals go to bed happy after a busy day of working, playing and learning about different foods.











Hamish the Horse wakes up bright and early for breakfast and then brushes his teeth.

Hamish says with a big smile, "I keep my teeth clean, strong and healthy by brushing twice a day for two minutes."

Hazel the Hen clucks, "It's important to clean your teeth and keep them healthy as they help us to eat, smile and talk."







That morning Hamish the Horse tries tug-o-war with his friends.

After practising the animals are very thirsty. Instead of having water, they would like a different drink before lunch. Hazel the Hen brings out some fresh fruit juice. They all sit together under the tree, in the shade to drink it.

"Wait," neighs Hamish, "to look after our teeth we should have fruit juice at meal times only and use a straw."

"Why's that?" asks Lewis the Lamb.

"To stop the sugar in the fruit juice from sticking to our teeth," says Hamish.

"Good idea," says Heather the Highland Cow. "We want to look after our teeth so let's use a straw today. Tomorrow we can have some with a meal."





That afternoon the animals play again.

After a day of preparing for the Highland Games, Hamish the Horse and his friends sit together and enjoy a delicious meal with lots of vegetables.



Before going to bed all the animals clean their teeth.

Hamish the Horse says, "I love brushing my teeth, they feel fresh and clean".

The farm animals are tired and happy after an active day.

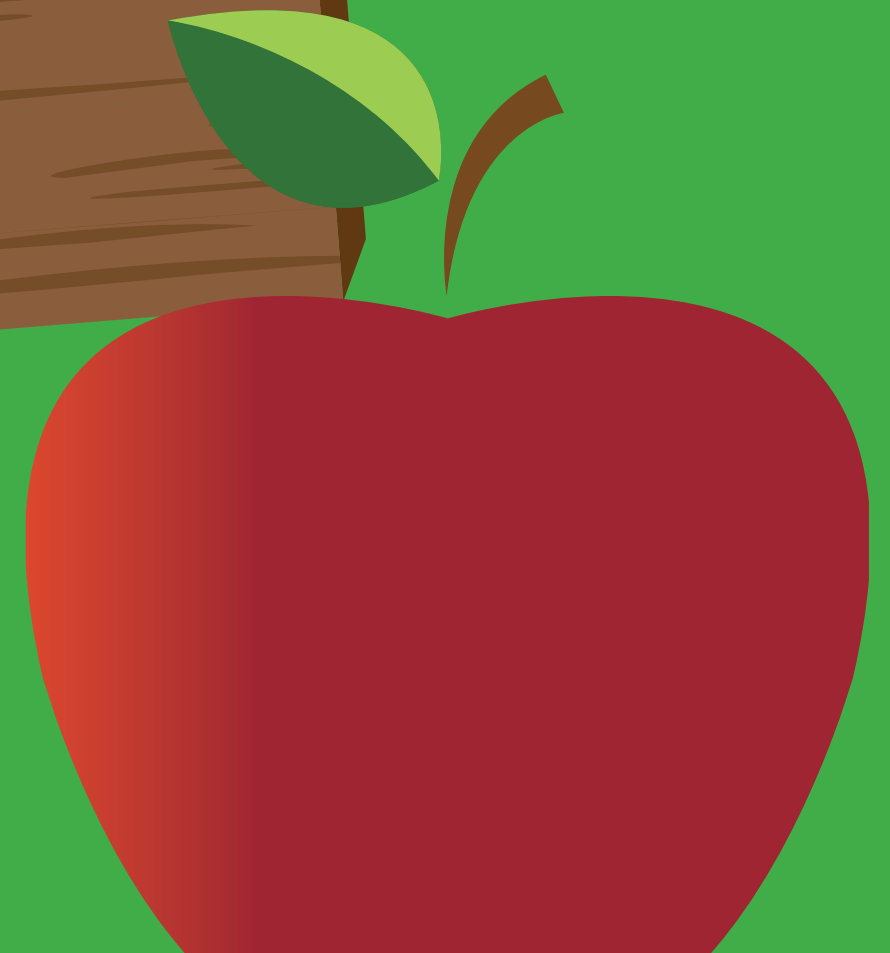
They say, "Goodnight" and fall asleep.





# Chapter 4

Feeling Peckish







Next morning, after hearing Hamish the Horse explain about keeping his teeth clean and healthy, Lewis the Lamb walks to the dentist for a check-up. The other animals keep active by cleaning the barn.

The dentist is pleased with how well Lewis is looking after his teeth and he tells him to keep it up.







It's a long walk from the dentist and Lewis the Lamb is hungry when he gets back.

"Let's all have a snack," suggests Hazel the Hen, "as we've all been working hard."

"But what can we have?" asks Lewis.

Heather the Highland Cow says, "There are lots of snacks we can choose from."

Hamish the Horse asks, "What are the best snacks for us? Remember we are getting ready for the Highland Games."

"Fruit and vegetables are great. They are really good for us because they contain vitamins and minerals to keep us healthy. We should try to have 5 fruit and vegetables a day," explains Hazel the Hen.





"I really like fruit and vegetables. Sometimes I like to eat crisps and sweets too, but I only have them now and again," says Lewis the Lamb.

The animals choose their favourite snack. Lewis enjoys some plain milk with a pancake, Hamish the Horse chomps on a carrot, Heather the Highland Cow has a yoghurt while Hazel the Hen eats a slice of toast.



Lewis the Lamb says, "That is better. I have more energy to be active this afternoon."

"Yes," says Heather the Highland Cow, "and if we feel hungry later we can have another snack, as well as breakfast, lunch and our evening meal."

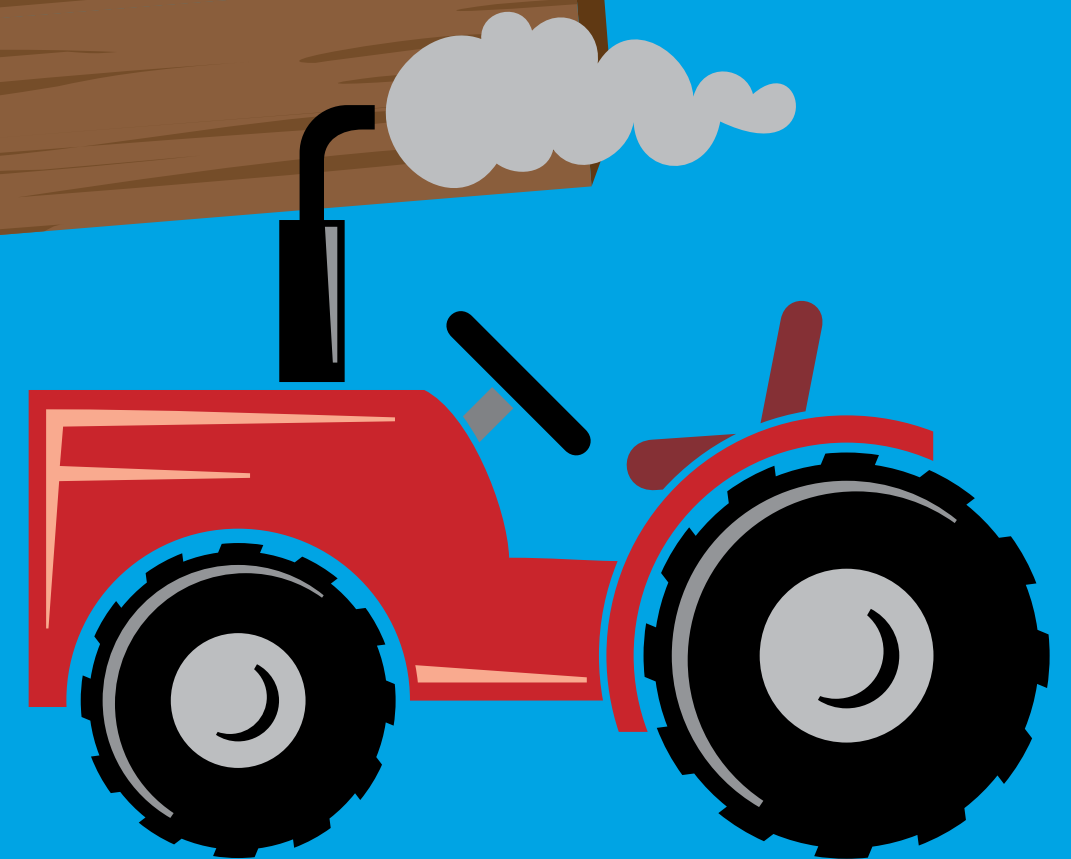
For the rest of the day the animals play together and practise for the Highland Games. They then eat their evening meal together, brush their teeth and go to bed nice and early.





# Chapter 5

## Healthy Balance







Hazel the Hen wakes up early. With a “cluck, cluck, cluck,” she wakes up some of the animals, but Lewis the Lamb keeps on sleeping.

Hazel the Hen, Hamish the Horse and Heather the Highland Cow sit down together to eat a lovely breakfast of porridge with milk and berries. When they finish their breakfast they go outside to practise for the Highland Games.





Lewis the Lamb hears the animals playing and jumps out of bed to join in. He starts running around the field before skipping with Hazel the Hen.

Lewis soon starts to feel tired and doesn't have enough energy to keep playing.

"You are tired because you did not have your breakfast," explains Heather the Highland Cow. "Breakfast is an important meal which gives us energy for the start of the day."





"You could have a healthy snack now which would keep you going until lunch," suggests Hazel the Hen.

"Good idea," says Lewis the Lamb. "I'll have a slice of toast."

Hamish the Horse adds, "We'll all have a break and join you for a snack."

After the animals eat their snacks they continue to play outdoors until lunch.

When lunch is tidied away Lewis looks outside, "Oh no," he says, "it's too stormy, we can't play any more."

"Of course we can," replies Hamish, "we can stay indoors and help Hazel with her Highland dancing."





Heather the Highland Cow takes a deep breath to fill her lungs and starts to play the bagpipes. When the music starts, Hazel the Hen begins to dance and Lewis the Lamb joins in. All the animals are happy.

"Wow, I'm hungry again," says Lewis.

"That is because we have all been so active today," explains Heather.

"It is important that we have three meals each day," adds Hamish the Horse.





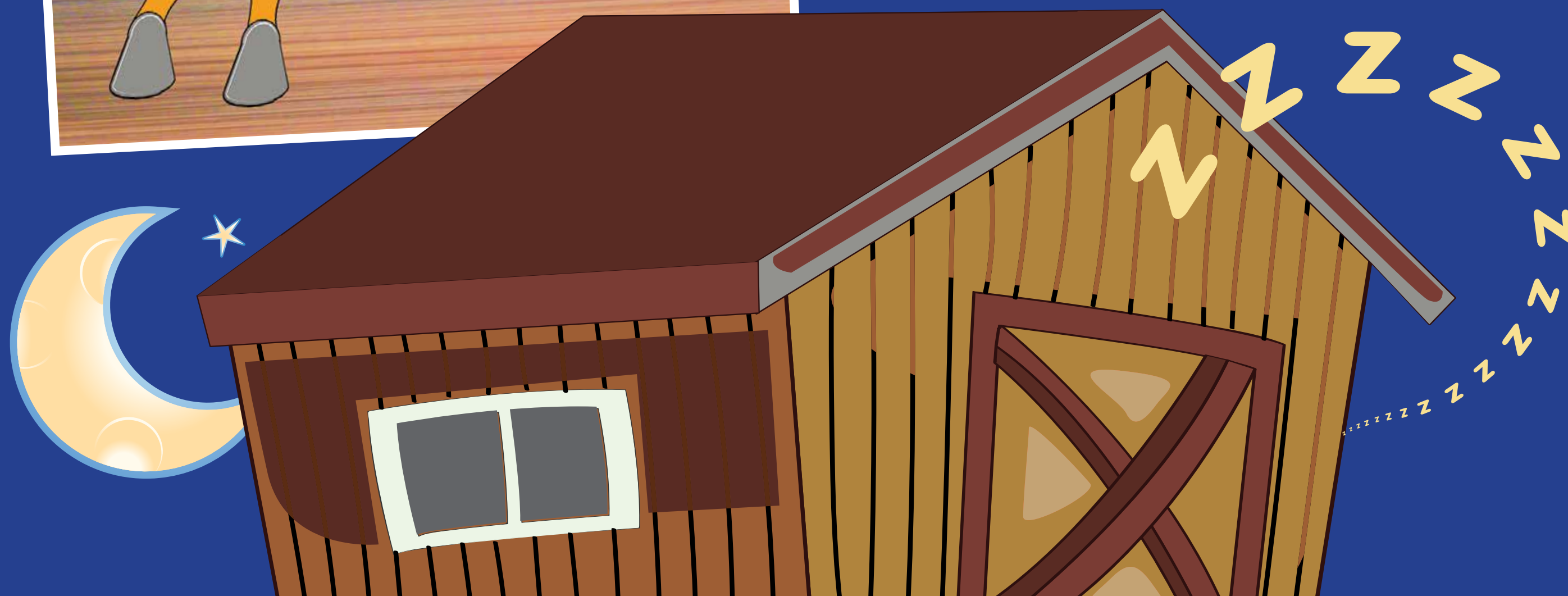
The farm animals eat their evening meal in the barn and talk about the Highland Games. It's not long until the Highland Games and the animals are very excited.

Hazel the Hen says, "I'm heading to bed now."

Lewis the Lamb is surprised and says, "It is too early!"

Hazel explains, "If I get a good night's sleep I will be able to get up bright and early tomorrow and I won't be too tired for the Highland Games."

The animals all clean their teeth, go to bed and soon fall fast asleep.











At last the big day has arrived. The animals are going to take part in the Highland Games! Hazel the Hen is clucking and wakes up the other farm animals. It is a warm sunny day.

The animals get out of bed and have their breakfast. Hamish the Horse prepares a picnic.

Hamish neighs, "The picnic is ready. Are you all ready? Let's go to the Games!"



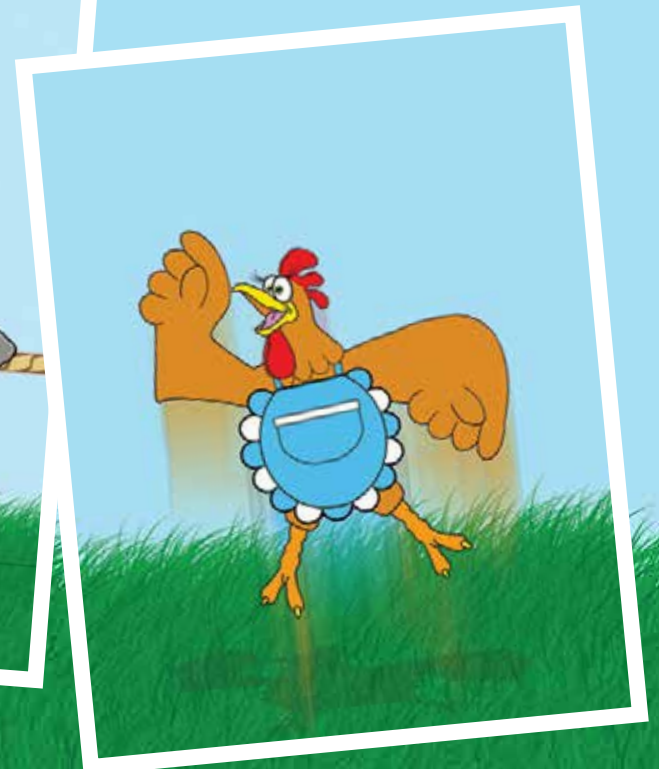
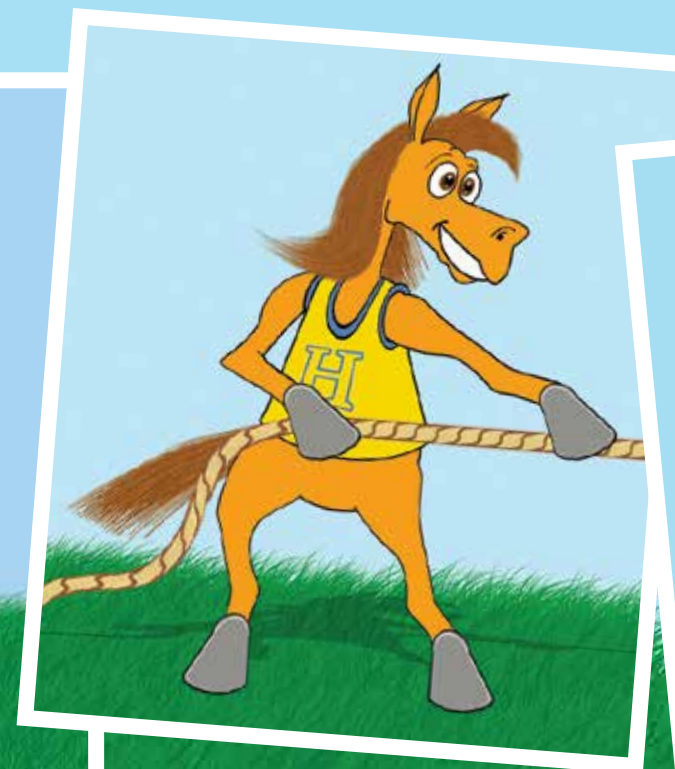


The animals arrive at the Highland Games. It is very busy and everyone is excited.

The animals take part in their chosen event and cheer each other on.

Hamish the Horse takes part in tug-o-war and Hazel the Hen takes part in the Highland dancing.

Later Lewis the Lamb enjoys running while Heather the Highland Cow takes part in tossing the caber.





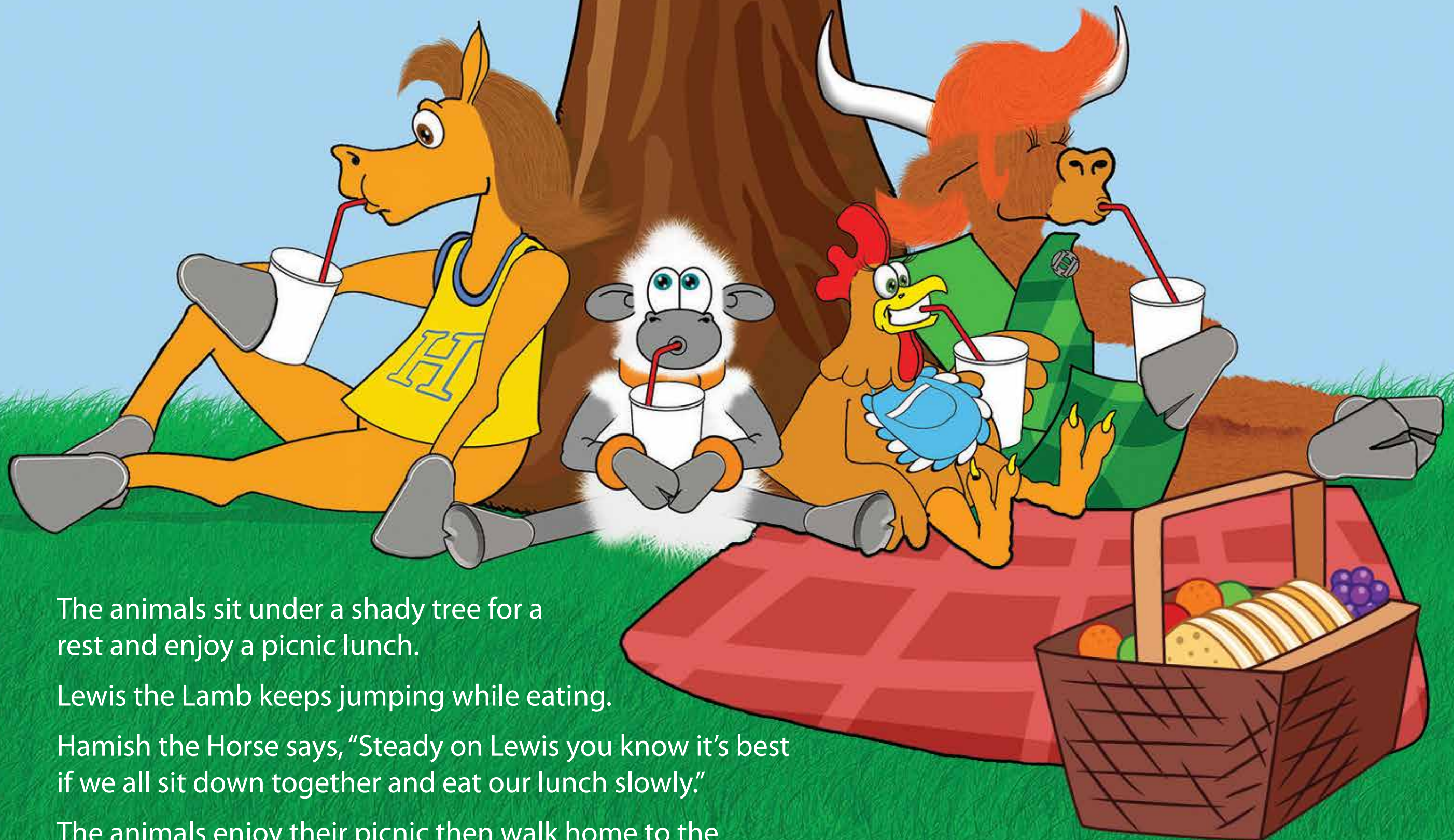
After their events the animals are each given a medal.

Lewis the Lamb says, "It's great to get a medal."

Hazel the Hen agrees, "We all worked hard and did really well."







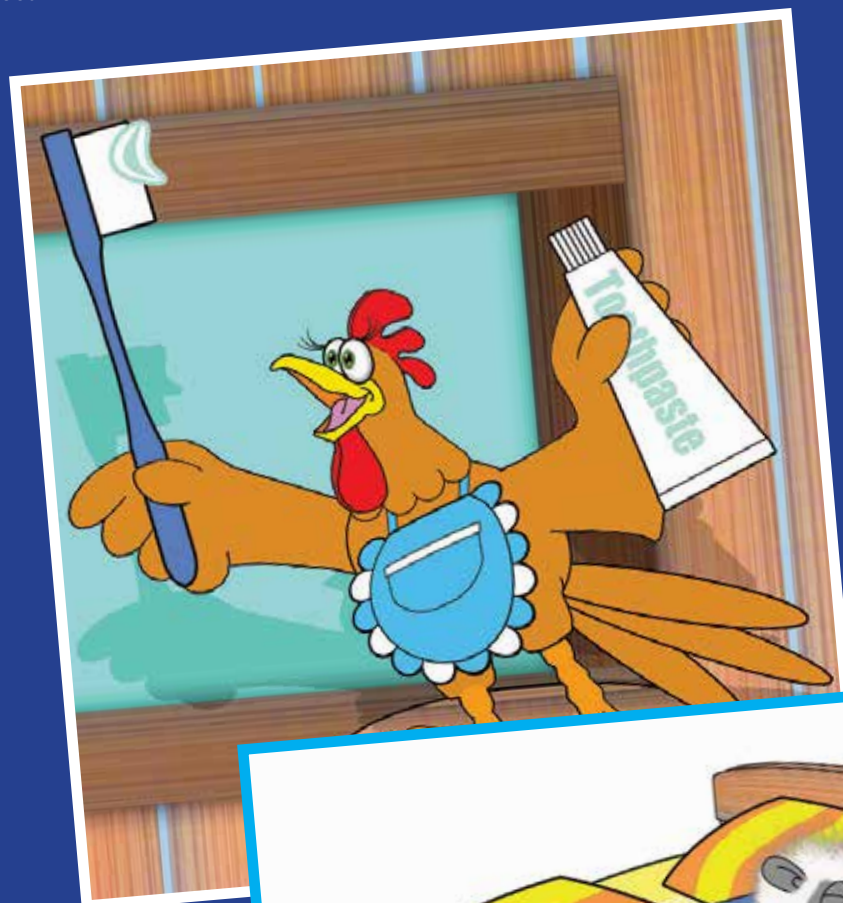
The animals sit under a shady tree for a rest and enjoy a picnic lunch.

Lewis the Lamb keeps jumping while eating.

Hamish the Horse says, "Steady on Lewis you know it's best if we all sit down together and eat our lunch slowly."

The animals enjoy their picnic then walk home to the Grow Well Farm wearing their medals.





Heather the Highland Cow moos, "I had so much fun today and I am going to make sure I stay active."

Lewis the Lamb bounces and says, "I like to go to bed early and sleep in my own bed."

Hazel the Hen clucks, "I'm going to look after my teeth like Hamish."

And Hamish the Horse says, "I'm going to keep eating well."

The animals have their photograph taken to celebrate their day at the Highland Games. They all have happy smiling faces.

The animals had such fun, but they are all tired and go to bed.

"Goodnight and sweet dreams."





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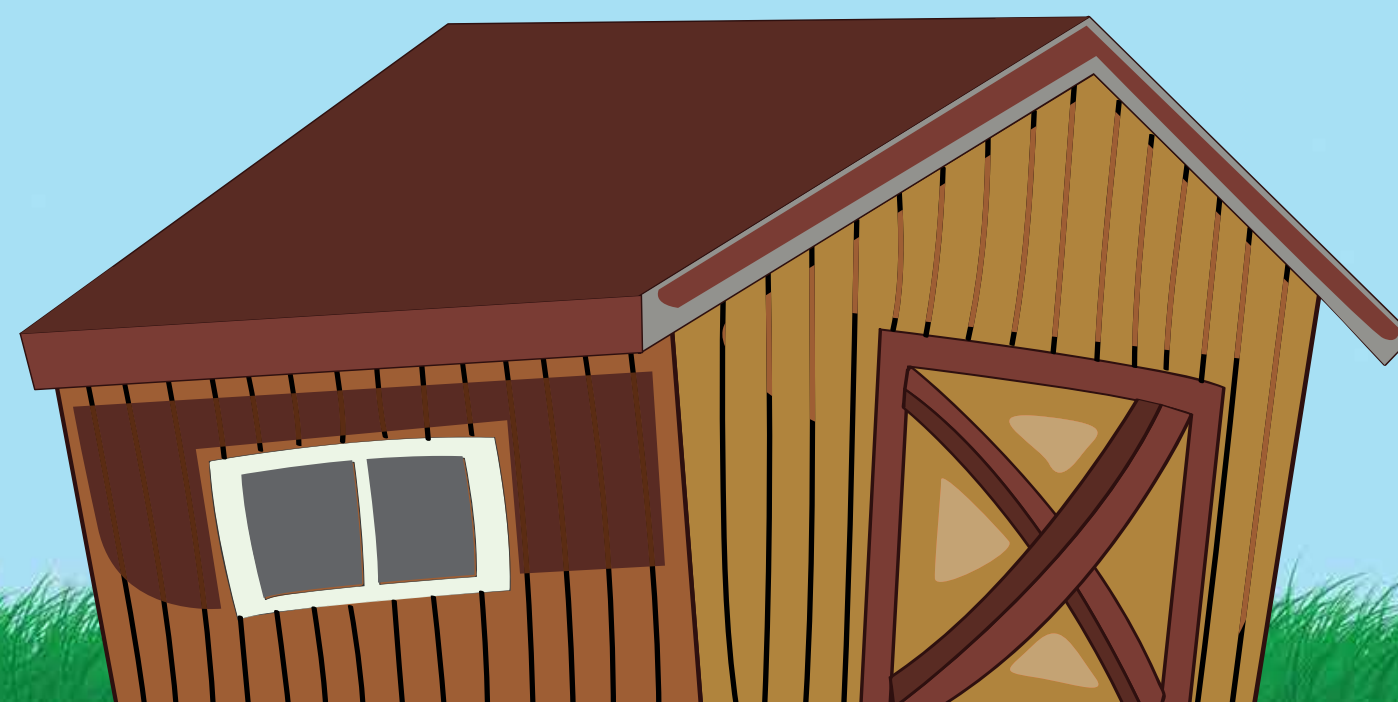
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- Caroline Comerford – Nutrition Coordinator, NHS Grampian
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- Sophia Lumsden – Dietitian, NHS Grampian
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\* these individuals were on the drafting group

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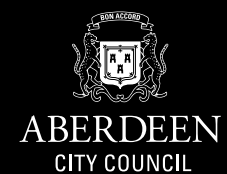
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 Kinloss Primary School Nursery, Kinloss  
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 Millbank Primary School Nursery, Buckie  
 Portsoy Primary School Nursery, Portsoy  
 Rainbow Nursery, Forres  
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 Woodend Nursery, Aberdeen







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