



Date:

Dear Parent/Carer

## **GROW WELL CHOICES – LEVEL 1**

I am delighted to inform you that we will be running Grow Well Choices Level 1 in this term. Grow Well Choices Level 1 has been developed by NHS Grampian with education partners. It is about the importance of being healthy and making healthy choices. Grow Well Choices Level 1 fully supports the delivery of Curriculum for Excellence Experiences and Outcomes.

Grow Well Choices Level 1 consists of 8 sessions. Each session consists of about 15 minutes of storytelling with questions followed by fun games and activities. The story is about two superheroes who learn to make healthy choices. The general topics that will be covered include: being active, healthy eating, oral health, fat, sugar and healthy balance including sleep. More detailed information about each session is given on the next page. The children may be required to have their gym kits for the 8 sessions.

As well as delivering Grow Well Choices Level 1 at the school, we will be sending home fun activity worksheets to be completed at home with your child. Your help with completing these activities will be much appreciated.

We would appreciate your support and encouragement with Grow Well Choices Level 1. If you have any questions please do not hesitate to contact me.

Yours faithfully,

**Head Teacher**



## overview of the Grow well choices – level 1

### Session 1 – Being active

During the first session the super heroes plan to get active. We will talk about physical activity and healthy choices.

### Session 2 – Eatwell guide

The super heroes go to a local fayre and try new foods. We will talk about the eatwell guide and healthy balanced diet.

### Session 3 – Sugar

This session explains the importance of good oral health and the choices they need to make for having healthy teeth. We will talk about oral health and we will look at the different food and drink choices.

### Session 4 – Fats

This session focuses on foods high in fat, lower fat alternatives and cooking methods.

### Session 5 – Snacks

The super heroes explain the importance of snacks, look at the variety of snacks available and how we can make healthier choices.

### Session 6 – Fast food, takeaways and eating out

This session focuses on eating out in fast food outlets, restaurants, takeaways, etc. The discussion also includes portion sizes, frequency of eating out and healthier swaps.

### Session 7 – Healthy balance

The super heroes enjoy a balance of a good night's sleep, physical activity and food intake. We will talk about sleep and the importance of food and drink to help with growing healthy and staying active.

### Session 8 – Super hero celebration

The super heroes play lots of fun games and go over the key messages from previous sessions.