



Eat Like A Champ 2014

Dear Parent/Carer,

Welcome to **Eat Like A Champ** – a healthy eating and active lifestyle programme developed by Danone in collaboration with the British Nutrition Foundation to make healthy eating exciting for kids!

Your child's school is taking part and your child will be learning all about healthy eating. Eat Like A Champ is also supported by former Blue Peter presenter Helen Skelton, who has provided great food tips and introduces some dance moves for the lessons to help children understand the benefits of healthy eating and physical activity.

Your involvement is key to making the lessons as fun and exciting as possible – if you can, please visit www.eatlikeachamp.co.uk/parents to find out what your child will be learning.

Your child will also be receiving a colourful **Eat Like A Champ passport**, with fun tasks to complete each week and the opportunity to collect six great Eat Like A Champ stickers. Please check and sign their passport, and look out for the family activities which you can take part in to support them as they learn.

We have also developed a **healthy eating wheel** for you with some handy tips on preparing, cooking and eating healthy food. Your child will bring this home from school for you or you can download a printable version from the website, we hope you'll enjoy trying out some of the ideas in the kitchen! Why not try...

- Pinning the wheel to a noticeboard so you can easily look for a new tip each day
- Asking your child to choose their favourite tip every Friday, and using it to help you prepare food together at the weekend

There are more tasty recipes for you to cook with your children, and full information for parents on the programme at www.eatlikeachamp.co.uk/parents

We hope you enjoy being part of Eat Like A Champ!

Best wishes,
Eat Like A Champ Team

Find out more at www.eatlikeachamp.co.uk