

Healthy Lifestyles

Youtube channel

Recipes, physical activity sessions, and quizzes.



Eat a red fruit or veg

Mind Kind

Follow at least one step on page 5



Eat a yellow fruit or veg



Get active together

Go to the teams Youtube channel to get active as a family or go for a walk or swim



Healthy Eating Week Game

Family fun activities helping you make healthier choices.

1. Start on the 'GO' square and take it in turns to roll the dice. A template to create your own dice is saved on page 1.

2. When you land on a space complete the challenges given and follow the page numbers for more information.

3. Continue rolling the dice until each challenge has been completed. We suggest you space this out over a period of 7 days.

4. Once each challenge is complete you will have completed the Health Eating week board game congratulations!

5. See the back page for your certificate once completed.



Eat an orange fruit or veg



Eat a green fruit or veg



Move more

Complete the alphabet name challenge on Page 4.



Healthy Eating Week

Brighton & Hove Edition

Challenge Card!

Eat together

Find a new recipe to cook and eat together. See page 6



Eat a pink/purple fruit or veg

Eat a blue fruit or veg



Hydration quiz

Complete the quiz on page 3



Eat a White-fruit or veg



Make a wholegrain swap. See page 2



Eat a brown fruit or veg

