

Munchy Monday

If you feel hungry between meals have you tried drinking water? Often when we are thirsty our brains make us feel hungry when we don't need food! Try drinking a glass of water first. If you are still hungry then snack on fruit or veg to stay healthy!

Hydration and Nutrition week

Tasty Tuesday

Fresh organic fruit and vegetables taste the best – less pesticides and chemicals are used in the growing which make them taste better and are better for the environment. Where possible buy fresh or frozen organic to increase the taste of your meals and look out for the planet!

Hydration and Nutrition week

Waste-less Wednesday

Have you got a specific food-waste bin? This can help you waste less than putting it in ordinary rubbish to go to landfill. Food scraps and fruit/veg peel etc can be used to make mineral-rich compost to help grow plants or more food. If you don't have a compost bin you can take it to the local allotments!

Hydration and Nutrition week

Thirsty Thursday

Drinking water throughout the day is important to keep yourself hydrated, and being hydrated means that your brain works better! Just as an engine needs grease and oil to run well, so too does your brain need water and nutrition! Eating and drinking little and often can help you to maintain your focus throughout the day.

Hydration and Nutrition week

Fruity Friday

If you don't eat a lot of fruit you can try to find easy ways to incorporate them into your diet. Have some cut up fruit or berries with breakfast, especially porridge or Weetabix, or replace your midday snack with something like apple slices or cucumber. If you need something to go with it try peanut butter or other dips for extra flavour!

Hydration and Nutrition week