

Cwmfelinfach Welcome A Visit From Professor Eatwell

Cwmfelinfach Primary School were pleased to host a Healthy Eating awareness afternoon run by Inform.Ed Theatre.

All Keystage 2 pupils enjoyed a very humorous play explaining the importance of healthy eating.

Professor Eatwell's five rules were – eat more fruit and vegetables, drink more water, eat a balanced diet, never skip breakfast and exercise more.

Following the play Years 4 and 5 took part in a workshop that included games and quizzes, such as making a healthy lunchbox and putting foods into the correct food groups.

Members of The Food and Fitness Team, ESDG&C coordinator Tracy Evans and teachers from cluster schools joined Cwmfelinfach Primary for this exciting event.

For more information contact Inform.ed at inform.ed.theatre@yahoo.co.uk

