

Healthy Lifestyle Activity – 22nd October 2015

As part of the healthy lifestyle activity, the children of class year 6.2 made a healthy breakfast cup. This short cooking session was carried out so that the children become aware that healthy eating can be fun and easy to make. The children made this healthy breakfast cup by filling the cup with cereal, yoghurt and fruit. The children were very excited to do their colourful healthy cups and the majority of them enjoyed eating it afterwards.



