

Orchard Community Primary School

We were very pleased to use Mr-5-a-Day to introduce this year's healthy eating education as it can sometimes be difficult to find resources to gain the children's interest when reviewing information they have seen before.

The Assembly really stimulated the children's interest and imagination as the teaching about healthy eating was presented by a magician doing real magic tricks! The children loved the Assembly, which lasted about half an hour, and talked about its content for several weeks. It's amazing how much more they remember when the information is presented in this stimulating way.

As a lasting resource, the school bought the 'standees' very durable, eye-catching free-standing shaped boards which can be used for display. These standees are now positioned on the serving counter throughout lunchtime. It is really good to hear the children discussing the options they could choose for lunch – healthy eating has been a hot topic for several weeks! In addition, the posters with information about portion size and the importance of making sensible informed choices have been a welcome addition to the serving area where children queue to collect their meals.

Each child had a glossy A5 booklet to support the Mr. 5-a-Day information. This booklet has proved invaluable for information about healthy eating and nutrition, for discussion work and for language work. It is a very attractive resource and is durable enough for regular use.

We feel that the Assembly to introduce the message, together with the resources and the booklets have been excellent value and we would recommend the package to other schools who are looking for a fresh approach to emphasising healthy eating.

The use of Mr 5 a Day has helped us to work towards our Food for Life Bronze Award and the booklets have been useful in helping us to plan curriculum cookery.

Anne Sherwood