NHS
North East London
NHS Foundation Trust

HEALTHY EATING WORKSHOP

Your School Health Improvement Practitioner

For Reception & Year 6 Parents and Carers

Practical tips to support healthy eating at home

Date: 23/11/26
Time: 09:00 am
at Beam County Primary School
Duration: Approximately 45-60 minutes

What will we cover?

- Simple, practical healthy eating ideas for busy families
- Food groups and Nutrition
- Fussy eating and ways to encourage children to try a wider variety of foods
- Healthy lunchbox and snack ideas
- Sugar awareness and healthier swaps
- Signposting to local services and useful resources

We look forward to welcoming you!

Parents/carers who would like to attend can complete the slip below and return it to the school.

Return Slip

Parent/Carer Name: _____

Child's Name: _____

Child's Class/Year Group: _____

I would like to attend the Healthy Eating Workshop on 23/11/26.

Signature: _____ Date: _____