

# HEALTHY EATING



**LEAN BEANS** - The programme is for any family that would like to learn about leading a healthier lifestyle.

The whole family will benefit from learning about a healthier lifestyle, from portion size to physical activity, goal setting to rewards from healthy swaps to labelling reading. This club allows families to learn together, we focus on solutions to problems driven by families.

Learning, Exercise and Nutrition! Aimed at families with children aged 5 to 12 years.

6-week family healthy lifestyles programme, with the following topics:

Topic	Date
What it means to be healthy	Thurs 22/4
Portion Sizes and Wholegrains	Thurs 29/4
Sugars	Thurs 06/5
Fats and Snacks	Thurs 13/5
Physical Activity	Thurs 20/5
Quiz	Thurs 27/5

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