



NUTRITION FACT SHEET



Spring into action!

At the end of March we move our clocks forward by an hour and the sun sets later and later each day meaning we get lots more daylight in the evenings. More daylight equals more fun!

It's great spending time outside on summer evenings with your friends. Now is the time for you to have those experiences. And on a serious note, the more time

spent outside being active, the healthier you will be and the more energy you will have to learn at school. You should be looking to take part in at least an hour of exercise every day and this can include walking to school.

We need lots of energy to help fuel all these extra activities. The lunches provided by Mellor's in your

school are packed full of healthy carbohydrates like potatoes and pasta and loads of fruit and vegetables are available daily. Why not try something new from the school dining room to give you that extra boost!



Don't forget to make sure they drink plenty of water if they've been outside being active all evening!

