Sheffield City Council

Family Learning

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.
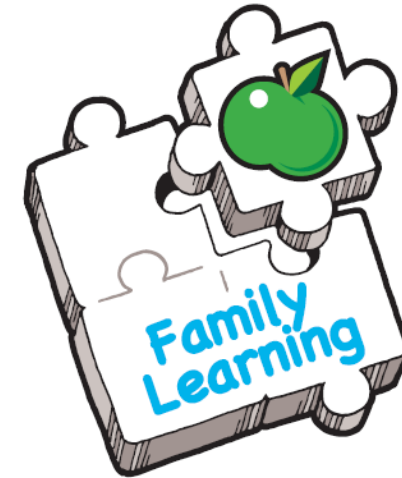
food.gov.uk

Family Learning

One Day
Health Workshop

A *free*, fun course for parents/carers that will provide awareness of child health issues.

Come along to find out healthy eating initiatives and refresh your skills too.

At   High Hazels Academy
     (Friday 26th.January 2018)
     (Time: 9.00am -11.00am)