**High 5 set menu for P1:**

* I am unique
* What is a healthy person
* Taste the Rainbow
* What is physical activity (& “Learning through stories and rhyme” activity)
* Your idea (following the principles)

**High 5 set menu for P2:**

* I am unique (new or as a refresher)
* Likes and dislikes
* What is physical activity – Early level (& Fit 15 activity)
* Your idea (following the principles)

**High 5 set menu for P3:**

* More likes and dislikes
* Everyday foods and sometimes foods
* Give me 5
* Fish
* What is physical activity – first level (& Fit 15 activity)
* Your idea (following the principles)

**High 5 set menu for P4:**

* Eatwell guide and food groups
* Rising stars (x1,2 or 3)
* Writing a healthy song (eg: Coulhill)
* What are the benefits of physical activity and sleep – first level (& Fit 15 activity)
* Your idea (following the principles)

**High 5 set menu for P5:**

* Eatwell and food groups (full or refresher)
* Physical activity and food – first level (& Fit 15 activity)
* Eatwell, body parts and physical activity
* Food marketing and your health
* Your idea (following the principles)
* Final session in trios

**High 5 set menu for P6:**

* Hunger and fullness
* Breakfast cereal lesson (back of pack)
* Breakfast cereal lesson (front of pack)
* Fuelling your body for being active (& “Fit 15” activity)
* Your idea (following the principles)
* Final session in trios

**High 5 set menu for P7:**

* Celebrities and body image
* Extra nutrition tools (on regular and varied eating)
* Food, mood & Health Boardgame
* Physical activity benefits – second level (&”Fit 15” activity)
* Your idea (following the principles)
* Final session in trios