**Nutrition Foundation**

There are two core documents in this folder. They are both called ***“Nutrition Foundation”***. One is a ***word document*** called ***“Nutrition Foundation”*** with lesson plan ideas. The other is a supporting ***powerpoint*** called “***Varied, regular eating”***complete with slide notes.

All the other documents in this folder support these two documents.

The ***P3 to P7*** and ***P5 to P7*** folders are just copies of what is delivered as part of the primary High 5 programme. You can use and adapt these yourselves for us in High school if you wish (many of your pupils might not have experienced the relevant lessons in the High 5 programme when they were at primary school). However, you can expect most new S1 pupils to already be at least partly familiar with the Eatwell plate.

This folder also includes the new Eatwell Guide so feel free to adapt the lessons related to the Eatwell Plate, to the new guide. The main difference is the removal of high fat/high sugar low nutrient non-essential foods from the oval and placing them to the side.