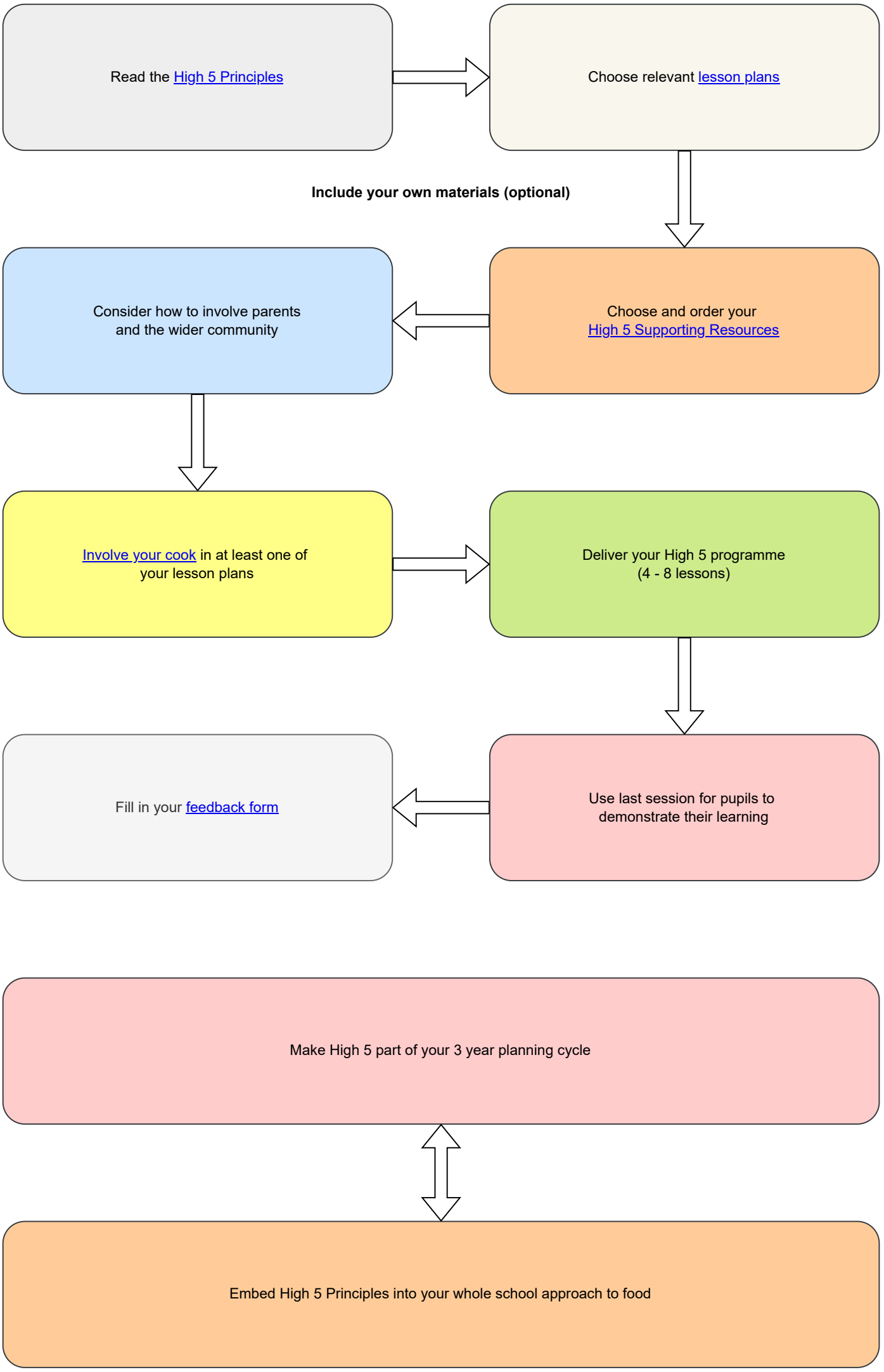
Read the High 5 Principles
Choose relevant lesson plans
Include your own materials (optional)
Choose and order your High 5 Supporting Resources
Consider how to involve parents and the wider community
Involve your cook in at least one of your lesson plans
Deliver your High 5 programme (4 - 8 lessons)
Use last session for pupils to demonstrate their learning
Fill in your feedback form
Make High 5 part of your 3 year planning cycle
Embed High 5 Principles into your whole school approach to food