



How will Mr Healthy operate?

With a tried and trusted JCA formula, Paul has targeted KS2 and will deliver 4 x 1 hour (2 in the morning, 2 in the afternoon to facilitate your lunch) food focused workouts with the WOW factor guaranteed.

Arriving 1 hour prior to commencement to transform your hall into an exciting environment conducive to a fun, foodie festivity. The day can be 1 session delivered to yrs 3, 4, 5 & 6, or the 4 lead on sessions delivered to one year group? All sessions can be adapted to stand alone sessions, remember! flexibility is our middle name.

What will Mr Healthy need?

Just your hall, prior too and after lunch, a screen and projector.

How much will it cost?

£275.00 per day to coach (4 x 30 children) 120 children. To include all fully ofsted..able learning materials, foodie game resources, healthy allergy conscious food prizes, never forgetting a fresh fruit and vegetable toast to a healthy lifestyle.



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So! Who is Mr Healthy?

Paul Cooper MHCIMA MCFA Cert Ed, or as you may know him the "Chef". Paul has been exciting and educating 50,000 primary school kids a year, for 15 years. As the lead deliverer for the Junior Chefs Academy with his fun, innovative, unique and totally interactive teaching style. But did you know?

Paul, played for, managed and coached Vauxhall FC to counties level, played Counties Tennis and currently at a sprightly 60 years of age plays counties squash players at Racquet ball. With a qualified coaching, teaching and nutritional background, who better to entrust with your children's lifestyle learning experience and your PE and sport premium.



P.T.O.
 SAVE PAPER
 SAVE A
 TREE





Please visit the Mr Healthy, fun, informative and kid friendly web site for all session lesson plans!



You are what you eat!

LESSON: What is Food **AGE:** KS2

AIMS: Introduce food, it's nutrients and their importance to the body.

OBJECTIVES: 1) Define food, 2) Define nutrients, 3) Name 6 nutrients, 4) State why food is important to the body, 5) Name the 4 flavours and the 6) 4 senses we use to enjoy food. 7) Name 30 Fruits and 8) their 5 fruit families. 9) Understand the need for physical exercise.

FOOD FOCUS: Fruit

GAMES: Fresh fruit challenge, Spot the fruit, Tropical fruit test, save the coach, true or false, let's move, raisin the roof, the taste your talent toast, a very fishy relay.

Everything in moderation!

LESSON: Why do we need food? **AGE:** KS2

AIMS: Impress why food is vital to life.

OBJECTIVES: 1) Explain why we need water, 2) and why we need food. 3) Define basal metabolism and calories, 4) and state why different bodies need different amounts of calories. 5) Name 9 vegetable families, 6) Identify 30 vegetable family members, 7) understand the different forms of physical exercise.

FOOD FOCUS: Vegetables

GAMES: Veg-out, welcome to the waterfall, let's move, balance the bagel, flying vegetables, the toast, the twist, true or false, will water float or sink?

One Life Live it!

LESSON: What is a balanced diet? **AGE:** KS2

AIMS: Explain what constitutes a balanced diet.

OBJECTIVES: 1) Define a balanced diet, 2) and state 4 reasons why a balanced diet is needed. 3) Explain the hypothalamus, 4) and describe why and when we get hungry. 5) Identify 5 parts of an egg, 6) explain how easy eggs are to bring into the diet. 7) understand the need to move more and eat smart.

FOOD FOCUS: Eggs

GAMES: Eggs..traordinary Eggs..ercise, Eggs..ellant Eggs..periments, true or false, "lets move", save the coach, the funky chicken, power food bingo, toss the Xmas pud.

Pasta makes you learn faster!

LESSON: How can you achieve a balanced diet? **AGE:** KS2

AIMS: Coach how to create a balanced diet.

OBJECTIVES: 1) Plan a balanced breakfast, 2) and understand what constitutes a balanced lunch and dinner. 3) Name 7 ways of ensuring 7 a day. 4) Appreciate the need to move more and eat smart. 5) Define Pasta 6) and name 6 pasta shapes 7) Understand why pasta makes us go faster and learn faster.

FOOD FOCUS: Pasta

GAMES: The great Lasagne race, holy Macaroni!! taste your talent, save the coach, the power of pasta, the all tied up Spaghetti race.



COMING SOON!
Liven up your Lunch Box!
Rise N Shine!
The ideal way to start your day
The Olympic Diet

