

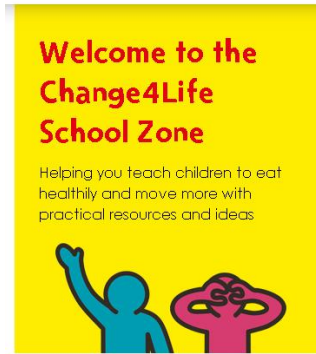
# Change4Life School Zone

The new Change4Life School Zone has been designed for primary teachers and provides curriculum-linked resources and inspiration to help you teach children about healthy eating and being active.

There are exciting lesson ideas, homework tasks and whole school activities for you to use with KS1 and KS2 pupils.

You can [subscribe](#) to the Change4Life School Zone newsletter for the latest on new resources and campaigns.

[www.nhs.uk/c4lschools](http://www.nhs.uk/c4lschools)



## Popular resources



### Classroom cooking toolkit

Easy cooking in the classroom

Mathematics Science D&T



### The eatwell plate poster

How to teach the food groups

Mathematics Science D&T



### Healthy eating and cooking toolkit

All about healthy snacks

Mathematics Science D&T PE



### PE lesson plans

Easy ideas for the playground and wet play

Science PE PSHE



### 10 Minute Shake Up 2015 toolkit

Activities for the classroom and teaching PE

PE



### Core competencies

Core skills for nutrition and being active

Science D&T PE PSHE

## We have it covered



### Teacher support

Practical tips, support and advice



### Whole-school ideas

Get the whole school making healthy choices with exciting ideas and activities



### Engaging parents

Encourage parents to promote and reinforce healthy lifestyle choices at home