

## H.E.W. Form Challenge @ Home...

### Challenge 1

Complete the 7 daily health challenges @ home and encourage your family to participate. There is a challenge tracker available to track each challenge over the healthy eating week. Complete the diary page which you need to explain or evidence how you completed each daily challenge focus.



### Challenge 2 - Optional

#### Get cooking!

From Monday to Friday, BNF will be hosting two cooking sessions each day - **10am** and **2pm**! The recipes can be found here <https://www.nutrition.org.uk/healthyliving/hewathome/getcookingwithbnf.html> - so, just watch and then get cooking.



- Monday 10am** Quick and easy perfect pizza / **2pm** Quorn, mushroom and chickpea curry
- Tuesday 10am** Breakfast fruit wholegrain crunch / **2pm** Tuna & spinach wholewheat pasta bake
- Wednesday 10am** Veggie sticks with mackerel dip / **2pm** Mini crustless quiches
- Thursday 10am** Pea soup with quick flatbread / **2pm** Kofta lollypops
- Friday 10am** Blueberry wedges / **2pm** Fish fingers & bro-chips

*Please share any photos of your cooking and any of the challenges. Your form teacher will be awarding certificates to 5 students from each form who have made a special effort with either the diary page or the cooking... or both!*