

Free healthy eating whiteboard resources for key stages 1 - 4



Change4Life and the British Nutrition Foundation have teamed up to produce free **Change4Life Supermeals** teacher resources for Key Stages 1-4. The resources aim to help children and young people learn about the importance of a balanced diet and are suitable for use on an interactive whiteboard.



Download the resources now. Visit

www.nhs.uk/Change4Life

and search “supermeals”.