

Beech Class makes a trip to Tesco

Extra at Hardwick, King's Lynn

During the roll-up week of transition, the new Beech class visited Tesco on Wednesday 13th July, 2016. As the theme of the week was on Olympics, they went to Tesco to follow the trail of Food for fuel. Not



only was the session free but the travelling cost (£70) was also covered by Tesco.

During the session, the children were asked to explore which countries did the fruits and vegetables originate from. They were challenged to find at least three items originating from Brazil.

It was fun to taste the papaya from Brazil.

After that, children looked through different foods, reading the energy labels to identify the fat content per 100g. This was quite fun and as one pupil said, "it's eye-opening". They compared the taste and fat content of whole milk, semi-skimmed milk and skimmed milk.

In the end, they had fun making healthy fruit and vegetable kebabs using a variety of healthy and colourful options.



All the children had great fun and gained a lot of knowledge about making healthy choices between good and bad calories.