

F.A.M.E Programme Sample Schedule

Date	5 - 6 pm (Kids & Parents) Classroom	6 - 7 pm (Parents) Classroom	6 - 7 pm (Kids) Sports Hall	
	Taster Session			
	Healthy Growth Check 1			
	Balanced Bodies	Balanced Bodies	Kids Activity	Family Activity
	Mindful Eating	Goal Setting	Activity	
	Me Size Meals	Family Activity		
	Whole V's Processed		Activity	
Half Term				
	Fats & Sugars	Quiz	Activity	
	Label Detectives	Family Circuit		
	Family Cooking	Activity		
	Healthy Growth Check 2			
	Graduation			