

# 560

❖ YEAR 3 AND 4 did 560 for 10 weeks. Our teachers name was Nicole she taught us what 560 meant. It means five portions of fruit and vegetables and 60 minutes of exercise. We played games like dodge ball, chain tig and fruit run. Nicole told us how to eat healthy. On the 9 week Nicole brought in some fruit to try they were :

- ❖ Pomegranate
- ❖ Pineapple
- ❖ Raspberries

After we had tried the fruit we discussed what foods are healthy and what food is not . I learnt how to eat more healthily.

