



Your Health
Notts

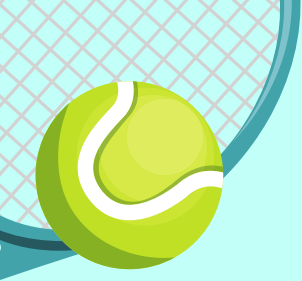
FAB SCHOOL ROADSHOW

**FREE Six-Week Healthy Eating
and Physical Activity
Programme for Your School**



**Nottinghamshire
County Council**

**Nottingham and
Nottinghamshire**
Integrated Care Board









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FAB SCHOOL ROADSHOW

6-weeks of engaging, one-hour sessions designed to promote healthy eating, physical activity, and mental wellbeing.

Topics We Cover:

-  The Importance of Fruit & Vegetables
-  Hydration & Sugary Drinks
-  Physical Activity
-  Farming & Where Food Comes From
-  The Eatwell Guide
-  Healthy Snack Choices

Programme Highlights:

-  Over 80% try a new fruit or vegetable!
-  100% of children say they learnt something valuable.

**We'd love to bring the FAB Roadshow to your school
Get in touch to learn more and book your place!**



**Nottinghamshire
County Council**

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