

Get fit, Get healthy, Have fun!



www.phunkyfoods.co.uk

## What is Phunky Foods?

Phunky Foods is a programme to teach early years and primary children key healthy eating & physical activity messages through art, drama, music, play and hands-on food experience.

The PhunkyFoods Programme aims to help early years settings and primary schools to deliver a whole-settings approach to healthy lifestyles and to engage with all pupils, and their families, in promoting tangible health behaviour changes in a fun, lively and positive manner.

We provide early years settings and primary schools with;



Training / Capacity Building



Resources, Lesson Plans & Whole School Activities



Support – National & Local

### PhunkyFoods is... FLEXIBLE

Choose from our PhunkyFoods Early Years, Primary and SEN programmes.

Flexible for delivery via;

- Topic based learning ideas
- PPA cover
- Whole school activity ideas: Assemblies, Pupil Workshops, Parent Workshops
- Clubs: Breakfast Club, After-Schools Club, Cookery Club, Gardening Club



UNIVERSITY OF LEEDS



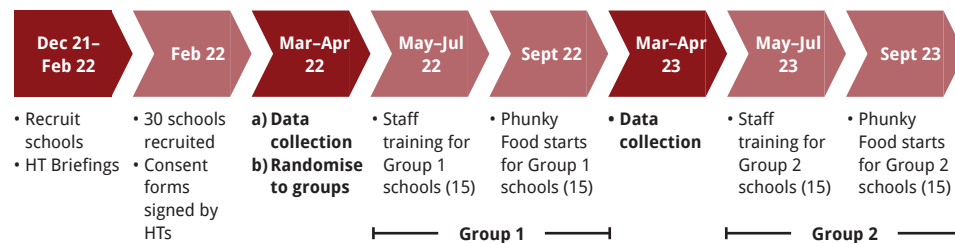
## Research Project: Cooking in Yorkshire

Exploring what works in nutrition education for mainstream primary schools with PhunkyFoods and the University of Leeds.

- 'How do we teach children about food?'
- 'What cooking skills can we teach?'
- 'Can children help to prepare family meals?'

With the launch of the National Food Strategy in July 2021, there is lots of interest in teaching cooking skills for young people. Good nutrition and maintaining a healthy weight in childhood helps to prevent obesity and diet-related ill health later in life.

- Do children eat enough fruit and vegetables at your school?
- Do you want support to develop your food teaching curriculum?
- Would you like to receive **fully funded** to the PhunkyFoods programme for 1 year?



We are now recruiting 30 schools to participate in this research. To register your interest, please contact Karen Vaughan. More information on the PhunkyFoods intervention and the research materials will be provided.

Contact details: Karen Vaughan via email at [mc17kv@leeds.ac.uk](mailto:mc17kv@leeds.ac.uk)  
Project supervisor: Dr Charlotte Evans, University of Leeds.