



# Kindness Calendar

15 June – 19 June

The Kindness  
School Foundation



Weekly theme: Healthy Eating

<b>Monday</b>	<i>Kind to me</i>	What does it mean to eat healthy? Although we know that certain foods are good for us, and other foods are bad for us, how much do we really understand? <b>Today, take a look at the <a href="#">NHS Eatwell Guide</a> to learn more about a healthy, balanced diet.</b>
<b>Tuesday</b>	<i>Kind to the world</i>	Whether because of allergies, ethical concerns, sustainability, culture, and many other reasons, all over the world, people eat different kinds of food. <b>Look into at least three alternative diets (vegan, dairy-free, paleo, or anything else) and write down three things that make the diet unique.</b>
<b>Wednesday</b>	<i>Kind to me</i>	Fast food is amazingly convenient and is usually very tasty. But do you know that eating it more than once a week is considered bad for you? <b>Today, google your favourite fast food meal and find out how it compares to the Eatwell Guide you looked at on Monday.</b>
<b>Thursday</b>	<i>Kind to me</i>	Healthy eating has an enormous effect on your mental wellbeing. If you eat healthy, your mood and energy levels improve, and you think much more clearly. <b>Today, record everything that you eat and drink to see if you're getting all the nutrition you need from the Eatwell Guide. Make sure you don't miss anything, even if it is a little snack or a glass of water.</b>
<b>Friday</b>	<i>Kind to me</i>	What did you learn from recording your food and drink yesterday? Did you miss out on anything important? Did you eat too much of something? <b>For today, improve your diet based on what you learned yesterday. You do not need to achieve this balance with every meal, but try to get the balance right over the whole day.</b>