

Food is our source of energy. If we choose the correct foods and eat a healthy balanced diet then we will be rewarded by having consistent energy and more enjoyment of life.

"It is health that is real wealth and not pieces of gold and silver"

Mahatma Gandhi

At Arete:

Food is an important part of life and at Arete in particular the foods we eat are important to give us energy to succeed in all the activities we do.

Pre Course Ideas:

- Can you make a sandwich and put together your own lunch for school or a day out? At Arete you'll need to make your own sandwiches each morning. What interesting sandwich ideas can you come up with - we'd love to see them.
- Can you design a balanced meal that would be healthy and give you lots of energy when completing exercise?

You could use the Eatwell Guide to help with food selection

