

Free Fun food and activity group for families with children aged 8-13 years



FLiC is an 8 week programme for families keen to learn more about becoming fit, healthy and managing their weight in a safe and friendly setting. Each week families gain lots of practical tips, make healthy snacks, plus fun games session for the children.

"The whole family have enjoyed taking part in FLiC"

"The boys have tried new foods and even asked for them again at home"



Starting September/October 2012 in:
Barwell, Syston, Melton, Wigston and Coalville
For more information or to book a place
Please contact:
The FLiC Team on 0116 2227154

Leicestershire Partnership NHS Trust



Leicestershire Nutrition & Dietetic Service NHS

Plan of Weekly Sessions

Week	Information Session for parents/carers	Fun movement activities for the children (variable)	Food Activity for families
1	Introduction	Fun activities & games	Fruit Kebabs
2	Eating a balance healthy diet	Fun activities & games	Healthy Pizzas
3	Goals and rewards	Fun activities & games	Ideas for pack lunches
4	Meal patterns, breakfast and portions sizes	Fun activities & games	Taste different cereals
5	Active play	Fun activities & games	Bush tucker trial & Smoothies
6	Feeling hungry, snacks & how much sleep does my child need	Fun activities & games	Snack ideas
7	Food labels Eating out	Fun activities & games	Fruit Rumlbers
8	Celebration of achievement	Fun activities & games	Celebration foods

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