

## **Nutrition on the Move**

### **Comes to a Primary School near you!**

With the summer holidays drawing to a close and the new term beginning, the MRC Human Nutrition Research Unit (HNR) have decided to give the teachers a helping hand this autumn with a visit from the Artsbus. Staff from two MRC Units in Cambridge – Human Nutrition Research Unit and the Epidemiology Unit – will be on board to interest the pupils of four local primary schools and to help them learn about the food that they eat, their body and their health.

One of the main aims of the HNR Public Engagement (PE) programme is to support healthy eating messages put out by Government, so staff at HNR designed a programme of events entitled 'Nutrition on the move' that school children could work through to help them better understand nutrition and health.

Holly Margerison, Nutrition Information Officer organises the Artsbus, owned by Stagecoach and will take Nutrition on the move to four local primary schools. "All pupils in key stage 1 and 2 (aged 5-11 years) in those schools will have the opportunity to come on board and receive a booklet with 8 different activities to carry out based on the 8 Change4Life messages. Activities will include fruit tasting, keeping a food diary, and measuring heart rate before and after exercise."

The four schools taking part are:  
Shirley Community Primary School  
St Mary's Junior School  
Babraham Primary School  
Caldecote Primary School