

National Links - Ireland

Name of Country		Ireland	
Name of tool or initiative	Source	Short description	Link
Food Dudes Behaviour Change Programme for Healthy Eating	Bord Bia	The Food Dudes Healthy Eating Programme is an award winning programme developed by the Food & Activity Research Unit Bangor University, Wales to encourage children to eat more fruit and vegetables both in school at home. It is based on positive role models (the Food Dudes characters), repeated tasting and rewards	www.fooddudes.ie
How they measure up	safefood	<p>This food labelling resource aims to give students a better understanding of food labels and how to use them to make healthy and safe food choices</p> <p>The book provides three lessons: "What is a food label?" "Knowing your nutrients" and "The Food Pyramid & Food Additives" (ROI) or "The Balance of Good Health & Food Additives" (NI).</p>	http://www.safefood.eu/Education/Post-primary-(ROI)/How-they-measure-up.aspx



		The book also includes suggestions for class activities, discussion topics and homework, which will encourage the application of this information to relevant, real-life situations.	
Green-Schools Travel Theme	Get Ireland Active	<p>The Travel theme of the Green-Schools Programme promotes sustainable travel to school i.e. walking, cycling and park n stride.</p> <p>To date over 850 schools in Ireland have or are working on the Travel theme with the aim of achieving their fourth Green Flag as part of the Green-Schools Programme.</p>	www.getirelandactive.ie/get-info/national-programmes/national-programmes-schools/#sthash.T3VGkOwD.dpuf
Active 8 Programme	<p>© Irish Sports Council</p> <p>Part of the Women in Sport Initiative</p>	<p>Active 8 is a peer mentoring programme designed to promote increased physical activity levels among teenage girls.</p> <p>Settings based.</p>	www.irishsportcouncil.ie
Bizzy Breaks	Irish Heart Foundation	<p>A series of activities designed to get pupils moving on the spot in the classroom. The activities can be done from the children's desks using the available space and the activities focus on strength, flexibility and aerobic fitness.</p> <p>A booklet containing series levels of short (5-10 minutes) physical activity breaks for the</p>	www.irisheart.ie



		classroom. Some of the activities can also be included in numeracy and literacy lessons.	
--	--	--	--

HEPCOM/14th November 2018

