

P.E.A.C.H. Paediatric Eating and Activity Change for Health Programme Overview



PEACH is our family based healthy lifestyle programme.

It involves attending 8 weekly interactive sessions facilitated by our dietetic support workers.

These video calls are delivered via a secure platform, NHS NearMe.

Our 1st session is an assessment appointment with a dietitian.

PEACH Session Topics

Week 1 - Building Healthy Habits Together

Week 2 - Healthy Eating

Week 3 - Physical Activity

Week 4 - Building a Balanced Meal

Week 5 - Food Labelling & High Fat, Salt, & Sugar

Week 6 - Small Steps

Week 7 - Tricky Situations

Week 8 - Staying on Track

