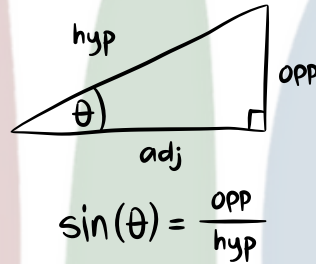
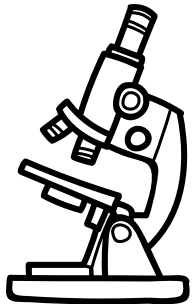


# What is Eat to Excel?

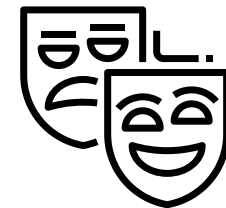


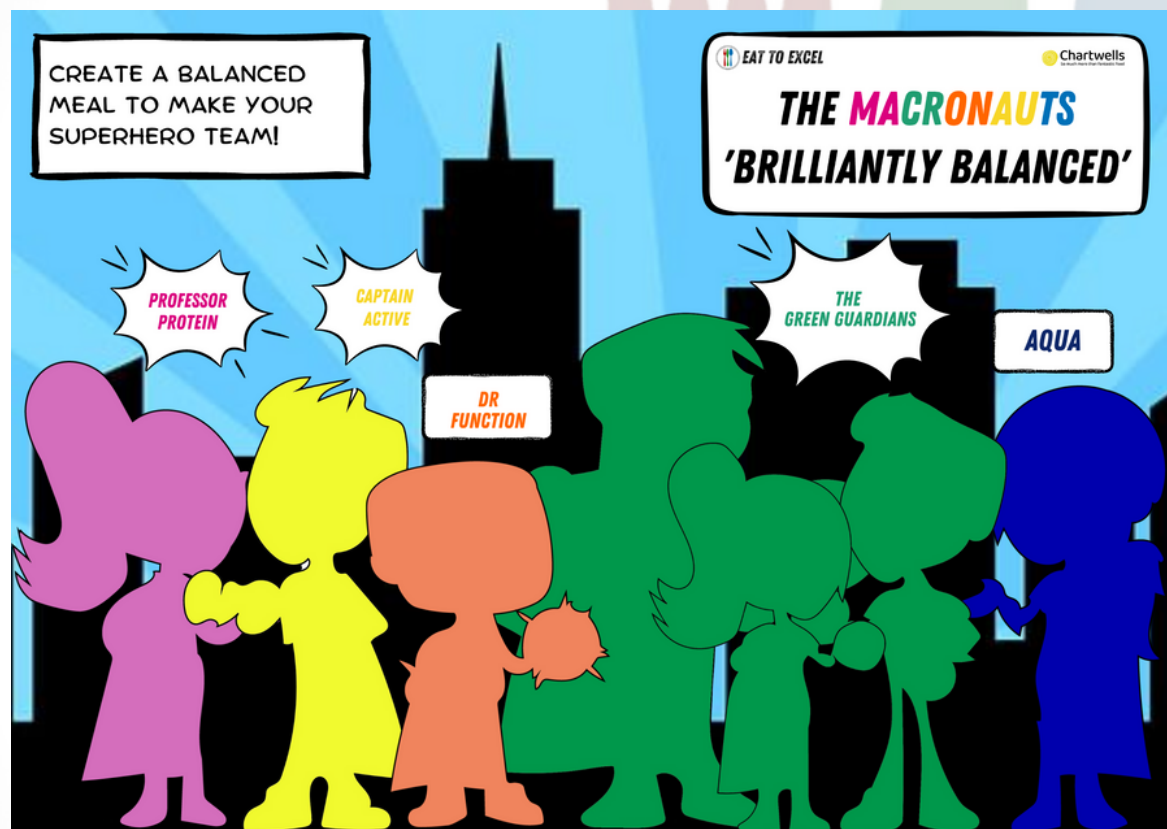
Eat to Excel is the ethos, attitude and education we are building around food at both Millfield Prep and Millfield.



Eat to Excel recognises everyone has individual needs from their food and nutrition.

Whether you are a musician, artist, mathematician, writer, actor, singer, athlete or scientist, everyone needs to Eat to Excel and fuel their success with tasty and nutritious food.

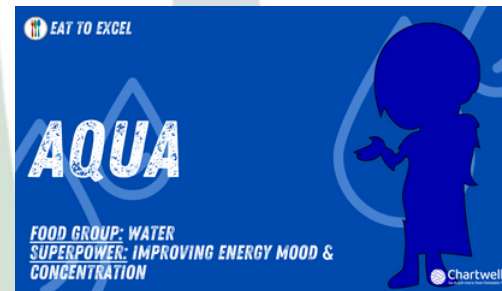
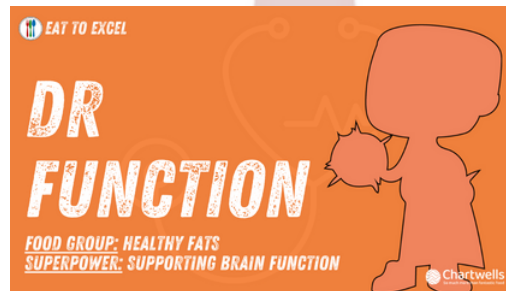




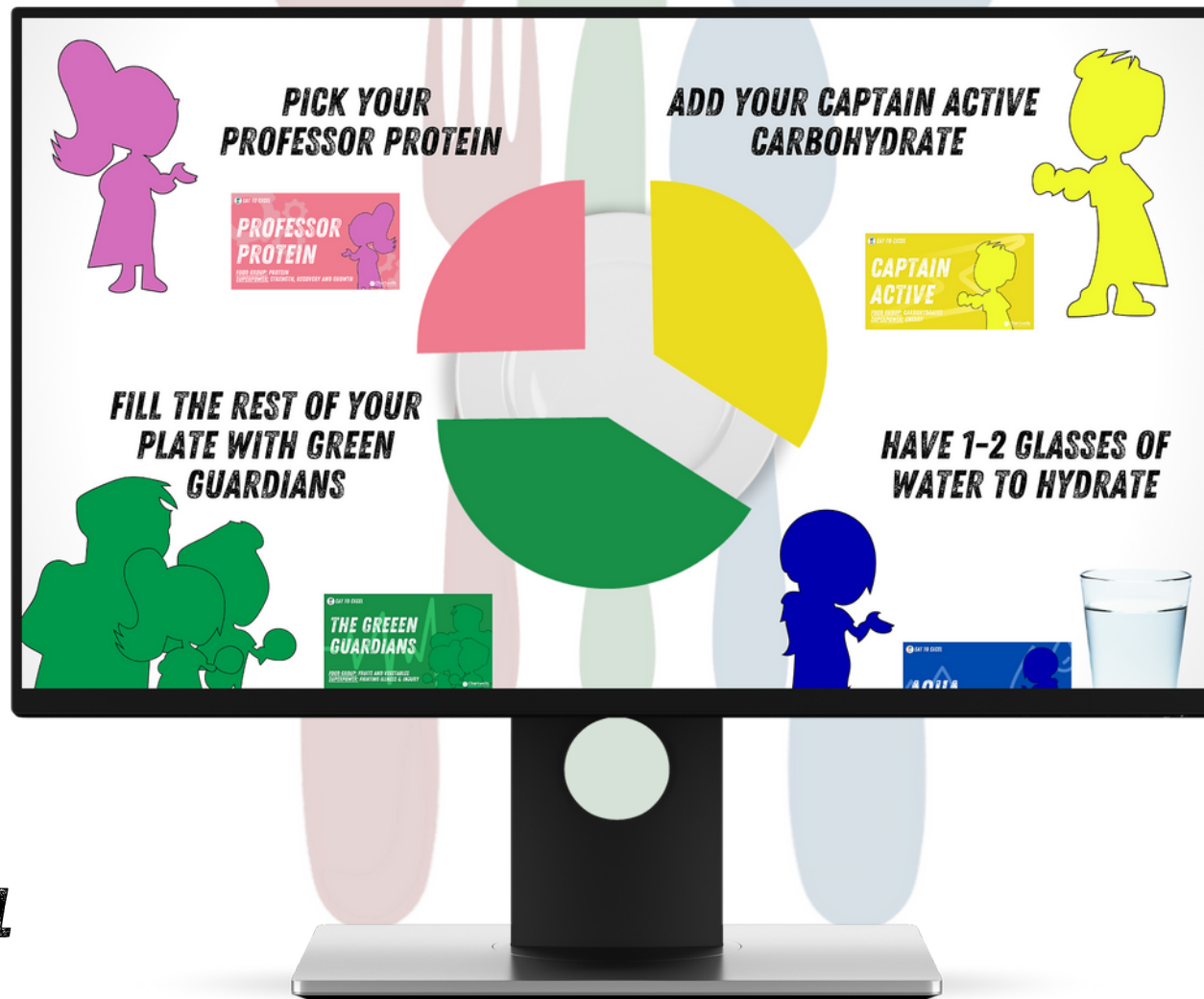
**At Millfield Prep School, a team of superheroes are there to help pupils learn about different food groups and make healthy, balanced meals to fuel their day.**

**Let me introduce you to the Macronauts!**

**The Macronauts will be on hand with labels in the dining hall during every meal service to help pupils make brilliantly balanced plates of food which will fuel their day.**

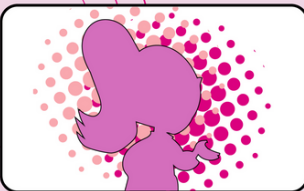


**The superhero labels on the serveries will be used alongside posters and TV screens to educate, assist and allow pupils to make well balanced plates of food and complete the full superhero team.**








The dining hall tables will have interactive resources and games to enable pupils to learn about each Macronaut's superpower and consequently, the role of each food group.



**PROFESSOR PROTEIN**


PROFESSOR PROTEIN'S SUPERPOWER IS TO GIVE YOU STRENGTH, RECOVERY AND GROWTH!

EXAMPLE FOODS...

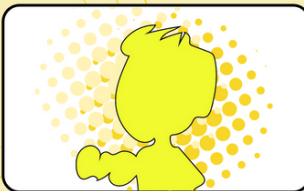
**BALANCED MEAL STATS**

SERVINGS PER MEAL..... **1**

SERVING SIZE..... 

SERVING FREQUENCY..... EVERY MAIN MEAL




THE MACRONAUTS 'BRILLIANTLY BALANCED'



**CAPTAIN ACTIVE**


CAPTAIN ACTIVE'S POWER IS TO GIVE YOU ENERGY FOR CONCENTRATION AND BEING ACTIVE!

EXAMPLE FOODS...


**BALANCED MEAL STATS**

SERVINGS PER MEAL..... **1**

SERVING SIZE.. 

SERVING FREQUENCY..... EVERY MAIN MEAL




THE MACRONAUTS 'BRILLIANTLY BALANCED'



**THE GREEN GUARDIANS**


THE GREEN GUARDIAN'S SUPERPOWER IS TO KEEP YOUR BODY WORKING PROPERLY AND TO FIGHT AWAY ILLNESS AND INJURY.

EXAMPLE FOODS...

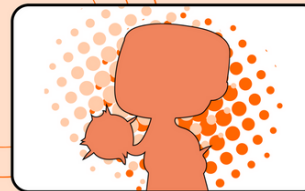
**BALANCED MEAL STATS**

SERVINGS PER DAY..... AT LEAST 5 PER DAY

SERVING SIZE.. 

SERVING FREQUENCY..... EVERY MAIN MEAL AND SNACK




THE MACRONAUTS 'BRILLIANTLY BALANCED'



**DR FUNCTION**


DR FUNCTION'S SUPERPOWER IS TO GIVE YOU ENERGY, KEEP YOU HEALTHY AND TO FUEL YOUR BRAIN!

EXAMPLE FOODS...


**BALANCED MEAL STATS**

SERVINGS PER MEAL..... 1 - BUT CAN BE HIDDEN IN OTHER PARTS OF THE MEAL

SERVING SIZE.. 

SERVING FREQUENCY..... DISTRIBUTED THROUGHOUT THE WEEK



THE MACRONAUTS 'BRILLIANTLY BALANCED'



**AQUA**


AQUA'S SUPERPOWER IS TO KEEP YOU HYDRATED. THIS IMPROVES YOUR ENERGY, MOOD, CONCENTRATION AND ALSO AIDS BLOOD FLOW!

EXAMPLE SOURCES...

**BALANCED DAY STATS**

SERVINGS PER DAY..... 6 TO 10

SERVING SIZE..  250ML

SERVING FREQUENCY..... EVERY DAY

THE MACRONAUTS 'BRILLIANTLY BALANCED'

**To keep up to date with menu updates, themed dining hall events/meals and nutritional information, please follow Millfield Nutrition on Instagram and Twitter**



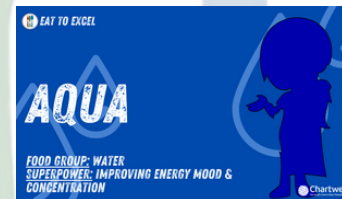
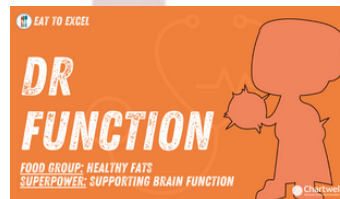
**@millfieldnutrition**



**@mfdnutrition**



# ***EAT TO EXCEL***



***"EVERY MEALTIME IS AN  
OPPORTUNITY TO EXCEL."***



***EAT TO EXCEL***

 **Chartwells**  
So much more than Fantastic Food



**MILLFIELD**