



Khalsa Primary School

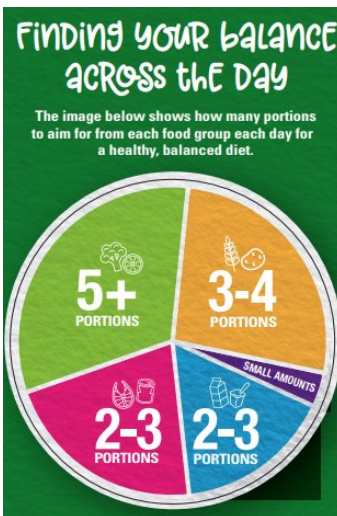
18th March 2019

Health Newsletter

Eat healthy

The big question?

Portion sizes - how much should I have on my plate?



Healthy Hydration

Water

This is the best choice throughout the day because it hydrates without extra calories or harming teeth.

Milk

Is a useful source of nutrients, especially protein, B vitamins, iodine and calcium. Most children can have lower-fat milks such as skimmed, 1% or semi-skimmed. Unsweetened, calcium-fortified dairy alternatives can also be included. Milky drinks containing added sugars such as milkshake, hot chocolate should be limited.

Fruit and vegetable juices and smoothies

These can provide vitamins and minerals. However, they contain sugars and can be acidic which can be harmful to the teeth. It is recommended to limit them to one small glass (150ml) a day. They can be diluted with water to reduce acidity and sugar.

Drinking with a straw can help reduce plaque in teeth.



Daily fruit and Veg checklist

| | |
|-----------|----|
| Monday | /5 |
| Tuesday | /5 |
| Wednesday | /5 |
| Thursday | /5 |
| Friday | /5 |
| Saturday | /5 |
| Sunday | /5 |

Daily exercise checklist

| | |
|-----------|--|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |

Healthy Meal Ideas

Breakfast - Smart Beans on Toast

Ingredients: 1 Pepper finely chopped, 1 spring onion finely chopped, 1 can of baked beans, handful of sliced mushrooms, handful of tomatoes sliced, 2 slices of wholemeal bread, low-fat spread.

Method: Put the pepper and spring onions into a large saucepan with 3 tbsp of water. Cook for 2-3 minutes over a low heat, until the water has evaporated. Add the beans, mushrooms and cherry tomatoes to the saucepan and heat gently for 5-6 minutes, stirring often, until the beans are piping hot. Meanwhile, toast the bread. Spread each piece with 1 tsp of lower-fat spread. Pile the beans on to the toast and serve, sprinkled with black pepper.

Lunch - Pizza Pitta Faces

Ingredients: 4 wholemeal pitta breads, 4 tbsp. tomato puree, pizza toppings of your choice (examples, sweetcorn, mushrooms, peppers) low fat grated cheese.

Method: Preheat the grill. Spread 1 tsp of tomato purée over one side of each pitta bread. Sprinkle with the dried mixed herbs. Arrange your pizza toppings as a funny face—eyes full of sweetcorn, nose as mushroom and smile with peppers. Grill for 4-5 minutes. Cool for a few moments, then serve.

Dinner - Super Savory Rice

Ingredients: 1tbsp vegetable oil, 1 medium onion finely chopped, 100g of sliced mushrooms, 150g of easy cook long grain rice, 300ml of vegetable stock, 75g of frozen peas, 100g baby sweetcorn, 1tsp curry powder, 1 tomato chopped.

Method: Heat the oil in a saucepan and fry the onion for 2-3 minutes, then add the mushrooms and cook for a further 2 minutes.

Stir in the rice, then add the stock, peas, baby sweetcorn and curry powder. Stir well. Bring to the boil, turn down the heat and simmer for about 15-20 minutes, until the rice is tender, adding more water if necessary.

Serve the rice in bowls and sprinkle the tomato on top.

YUM! YUM!

Show off your cooking by sending in your photos to the school email address:

info@khalsa.ealing.sch.uk



Useful websites for exercising at home:

Kids need to be active for 60 minutes a day.

Indoor activities—<https://www.nhs.uk/change4life/activities/indoor-activities>

10 minute shake ups—<https://www.nhs.uk/10-minute-shake-up/shake-ups>

Exercise with a bit of music—<https://family.gonoodle.com/>

Zumba and Yoga exercises—<https://www.adventure2learning.com/>