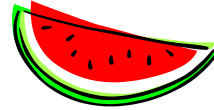


# Khalsa Primary School

## Health Newsletter

21st January 2019

# Healthy Eating



At Khalsa Primary School we are determined to help our children to become healthier.

Being overweight or obese is a major issue which needs to be tackled as early as possible as it can cause further health problems as children grow up.

This newsletter is designed to help parents and pupils with ideas to develop healthy eating and exercise habits to decrease the percentage of children who are overweight.

Please use ideas in this newsletter to develop healthy eating habits and pick up exercise tips.

We should all aim to have at least 5 portions of Fruit or Vegetables everyday. Use the checklist to write down the number of portions of Fruit and Vegetables you eat each day.

## Healthy living

Use the daily checklist to tick off the days on which you take part in exercise.



**THE BRAIN BENEFITS OF EXERCISE**

- INCREASES PRODUCTION OF NEUROCHEMICALS THAT PROMOTE BRAIN CELL REPAIR
- IMPROVES MEMORY
- LENGTHENS ATTENTION SPAN
- BOOSTS DECISION-MAKING SKILLS
- PROMPTS GROWTH OF NEW NERVE CELLS AND BLOOD VESSELS
- IMPROVES MULTI-TASKING AND PLANNING

### 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 - Banana and Strawberry Porridge

**Ingredients:** 200g porridge oats, 250ml skimmed milk, 250ml of water  
2 ripe bananas, 200g strawberries.

**Method:** Heat porridge with milk & water in saucepan, until porridge thickens. Remove from saucepan and pour into your favourite bowl. Cut strawberries and bananas and add them to your porridge!

TIP: you can add different types of fruit e.g. blueberries or raspberries

### Lunch - Soft Cheese & Salad Sandwich

**Ingredients:** 2 slices wholemeal bread, 2 tbsp. lower fat cheese, 6 slices cucumber, 4 slices of tomatoes, 2 handfuls lettuce leaves

**Method:** Spread soft cheese on both slices of bread. Place salad on one slice of bread and then put your lovely sandwich together!

TIP: use different types of vegetables to add crunch to your sandwich.

### Dinner - Mediterranean Potato Bake

**Ingredients:** 0.8kg salad potatoes thickly sliced, 1 courgette slices, 1 aubergine sliced, 1 red & 1 yellow pepper sliced, 2tsp red pesto, 1 tbsp. olive oil.

**Method:** Put the potatoes and vegetables in large roasting tin together. Then drizzle them with oil. Bake for 20 mins in preheated oven (200c, gas mark 6) or until tender.

## 5 fun exercises!

- 1. Planking** Put your elbows on the floor, raise up on the tips of your toes, and keep your back straight and your abs tight in a line. Hold that position as long as you can. 30 seconds is pretty good if you really push yourself. (You can do it!!)
- 2. Squats** Put your feet a shoulders' width apart and do deep knee bends as if you're sitting down on an invisible box. Put your arms out. Make sure your knees don't extend past your toes.
- 3. Push-ups** Keep your abs tight and your back straight; you can do this with a straight or bent knee.
- 4. Crunches** Sit-ups, but not all the way from floor to knee. Just curl your chest toward your knees. These are sometimes called "curl-ups."
- 5. Lunges** Take a step. Touch your back knee to the floor, and make sure your front knee doesn't extend past the toes. Can you start off with 5 of these?

**EXTREMELY FUN TIP:** Have a competition with your brother/ sister/ mum/ dad/ grandparents/ dog/ cat/ hamster of who can keep their plank the longest.

The winner gets a packet of strawberries!