



# Khalsa Primary School



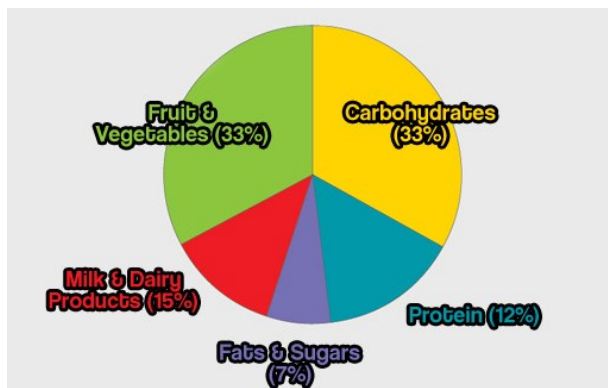
## Health Newsletter

4th February 2019

# Eat healthy

Did you manage to eat 5 portions of fruit and vegetables last week?  
Well done if you did!

This is what your portions should look like:



Fruits: apples, oranges, grapes, bananas, strawberries etc.

Vegetables: peppers, mushrooms, broccoli, cabbage etc.

Carbohydrates: whole meal bread, whole meal naan, potatoes, rice etc.

Milk & dairy: semi-skimmed milk and yogurts

Protein: lentils, nuts, spinach,

Fats and Sugars: only a very small amount of oil or butter should be used when cooking

### Daily fruit and Veg checklist

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

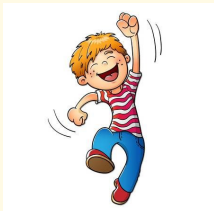
### Daily exercise checklist

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

# Healthy living

Why is exercise important?

Regular exercise can help increase your energy!



Exercise increases your ability to concentrate and learn.



Did you know that research has shown that spending too much time in front of a TV, tablet or phone decreases your attention span?

So let's spend less time on electronics and more time on our health!

## Healthy Meal Ideas

### Breakfast - Eggless Pancakes

**Ingredients:** 1 cup plain flour, 1 tsp baking powder, 1 cup Soya milk, 1 ripe banana 1 tbsp vegetable oil

**Method:** Mix the plain flour and baking powder in a large bowl. Add the soya milk and a mashed ripe banana. Mix well. Heat oil in a frying pan and pour in a quarter of the mixture. When golden on the bottom, turn and cook other side.

TIP: ask a adult to help you flip the pancake.

Enjoy with some maple syrup and fruit!

### Lunch - Masala Curry Potatoes

**Ingredients:** 350g Salad potatoes, 1 tbsp olive oil, 400g chopped tomatoes, 1 chili finely chopped, 1 tsp ground coriander, 1 tsp cumin seeds, 1 onion chopped and 2 tbsp fresh coriander chopped.

**Method:** First wash potatoes and cut them into cubes. Heat oil in a pan and add onion, cumin seeds and ground coriander—fry for 5 minutes. Add the chili and potatoes and season with salt and pepper. Add 200ml water and cover the pan, cook for 8 minutes. Then add the chopped tomatoes and cook for 5-7 minutes. Add coriander before serving

### Dinner - Healthy & Easy Pizza Squares

**Ingredients:** 4 brown square wraps, 8tbsp tomato puree, 4 tsp Italian herbs, choice of topping for your pizza e.g. sweetcorn, tomatoes, peppers, mushrooms, 80g reduced fat grated cheese.

**Method:** Preheat grill to medium. Place the wraps on grill tray. Spread 2 tbsp tomato puree on each wrap. Add your choice of vegetables and sprinkle on the cheese.

Place in grill for 3-4 minutes until cheese melts and bubbles.

TIP: if wraps are too floppy you can use brown naan bread or sandwich thins

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

[info@khalsa.ealing.sch.uk](mailto:info@khalsa.ealing.sch.uk)



**It's freezing outside so I can't do any exercise??**

**Guess again!**

**You can do plenty of exercises in the comfort of your home!**

**Let's get moving!**

**This week you have to try and do this 5 minute workout!**

2 minutes jogging on the spot. Remember to bend your elbows and move your arms at the same time

1 minute star jumps—how many can you do?

30 second plank—try your best to hold your body

30 seconds—bunny hops

30 seconds stretch—on your tip toes try and reach for the ceiling

30 second lunges



Lunges

**Challenge this week—how many of these 5 minute workouts can you do in 1 week—Tell your teacher so you can get an award**