



Khalsa Primary School

4th March 2019



Health Newsletter

Eat healthy

Did you know that breakfast is the most important meal of the day?

So we need to get it right!

Breakfast kick-starts your metabolism, helping you burn calories throughout the day. It also gives you the energy you need to get things done and helps you focus at school.



Many studies have linked eating breakfast to good health, including better memory and concentration, lower levels of “bad” LDL cholesterol, and lower chances of getting diabetes, heart disease and being overweight.

Skipping breakfast can have a damaging effect to your health and wellbeing.



Follow the healthy and nutritious breakfast recipes from this newsletter :)

Healthy living

Now that the weather is starting to get warmer —it’s time to start walking!

Have you tried walking, jogging, cycling or scootering to school?

If you live far away you can ask you parents to park the car a little further away from the school and walk a little to get some exercise. (They’ll thank you for avoiding all the congestion on the school road)

Why is walking important?

- ◆ It engages your muscles so you become more active
- ◆ Reduces stress—taking a nice walk through the park can help you relax
- ◆ Walking can burn fat
- ◆ Helps boost your mood
- ◆ Can improve your quality of sleep

There are so many more benefits of walking, so what are you waiting for?

Get your trainers on and let’s go!

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 - Smoothie**

Ingredients: 1 small ripe banana, a handful of blackberries, blueberries, raspberries or strawberries, apple juice or water (your choice)

Method: Slice the banana into your blender or food processor and add the berries of your choice. Whizz until smooth. With the blades whirring, pour in juice or water to make the consistency you like.

Lunch - Cauliflower cheese macaroni

Ingredients: 300g macaroni, 1 small cauliflower cut into pieces, 50g butter, 50g plain flour, 600ml of semi-skimmed milk, 140g grated cheese, 2 garlic cloves crushed, 50g breadcrumbs, 1 tbsp of parsley.

Method: Preheat grill. Cook the macaroni by putting the macaroni in boiling water for 11 mins (or read the package to see actual time) Cook the cauliflower in boiling water, until soft. In a medium pan melt butter and stir in the flour. Slowly pour in milk and stir until it thickens. Add the cheese, garlic (pinch of salt and pepper) and cauliflower. Once a nice sauce has been made add in the macaroni. Put into an oven proof dish and add breadcrumbs. Grill for 3-4 mins, until bubbling.

Dinner - Chickpea Curry (enjoy with rice or whole meal naan)

Ingredients: 2 tbsp. oil, 1 onion diced, 1 tsp fresh or dried chilli, crushed garlic, crushed ginger, 1 tbsp ground coriander, 2 tbsp. ground cumin, 1 tbsp. garam masala, 2 tbsp. tomato puree, 2 cans of chickpeas drained, 1 can of chopped tomatoes, 100g of spinach.

Method: Heat a little oil in a frying pan. Add onion and chilli and cook till softened. In a blender combine garlic, ginger, coriander, cumin, garam masala, tomato puree, salt. Blend together to make a paste. Add to the onions, stirring often. Then add the chopped tomatoes and chickpeas. Simmer for 5 minutes.

YUM! YUM!

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

info@khalsa.ealing.sch.uk

Exercises for this week

Get your skipping rope ready for this weeks exercise.

Try these skills on your skipping rope:

- Scissor jumps: land with one foot forward, then on the next jump switch feet
- Cross jumps: land with feet crossed like an X, then apart, then crossed again
- Duckie: land with heels apart, toes and knees pointed in; then on next jump, put heels together and toes and knees pointed out
- Swing: land on one foot and swing the opposite leg out to the side, then switch on next jump

Play a game with your friends or family:

Helicopter game

To play this game, you need a group of kids, a long rope, and sidewalk chalk. Make a large circle on the ground (its diameter should be twice the length of your rope) and mark a spot for each player around the end of the circle. One player stands in the middle while the rest stay in their spots around the edges. This central player holds the rope up high and swings it in a circle while saying: "Helicopter, helicopter over my head, I choose a colour and the colour is ... "