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Nutrition and Play



 A booklet to promote healthy eating and physical activity



Our Vision

Solihull Active, working with HAF, aims to help everyone get 'more active, more often'.

The team are a part of the Public Health Directorate at Solihull Council and look to support all ages across the life course to provide support, advice and guidance about improving your physical and mental health through physical activity and nutrition.

Eat Well

Move More

More Often



Contents

This booklet will provide fun activities and ideas about physical activity and nutrition for all of the family.

Our Program

THE IMPORTANCE OF BREAKFAST

Understand about why breakfast is the most important meal of the day and try some simple but tasty breakfast ideas.

DELICIOUS DINNERS

Learn how to eat healthy on a budget, understand what helps make for a healthy diet and try some delicious dinner recipes for the whole family.

PUDDINGS - ARE THEY GOOD OR BAD?

Find out if puddings are as bad as people say they are, understand how to snack smart and learn how to make ice cream using one ingredient.

EAT WELL GUIDE - TASTE A RAINBOW - TASTE TRAIL

Understand more about the Eat Well Guide and how that can help you and your family to maintain a balanced diet. Try our taste trails to add variety to your diet and add a rainbow of colours to every meal.

THE IMPORTANCE OF PHYSICAL ACTIVITY

Find out why physical activity can be so good for our physical and mental health, join your favourite Disney Characters and play fun family games and see how you can challenge your family using everyday items.

What Should your child eat for breakfast?

Smart breakfast choices are carbohydrate-rich foods like fruits, whole grains and low-fat dairy. Since these foods are more slowly digested, they provide a steady supply of glucose. Adding protein to the mix helps maintain the energy supply even longer, ensuring the brain has enough go-power to last until lunch. The list below provides healthy breakfast choices that are kid friendly. Choose a carbohydrate food to supply fuel and a protein/fat to sustain that energy flow throughout your child's day.

Carbohydrate-rich breakfast foods

- Oatmeal
- Whole wheat bread, pita or tortilla
- Corn tortilla
- Fresh or frozen fruit
- Whole grain cereals (low sugar)

Protein/fat energy supplier

- Peanut butter
- Eggs/egg whites
- Canadian bacon/ham
- Beans
- Almonds/nuts
- Avocado

Carbohydrate + protein

- 1% or skim milk
- Low-fat Greek or plain yogurt
- Low-sugar fruit yogurt
- Reduced-fat cheese (cheddar, mozzarella, Swiss, etc.)



The Importance of Breakfast



Our brain requires food for fuel, just as our muscles do. While our muscles can use stored energy from food we ate yesterday, our brain prefers energy from food we have eaten recently.

When there is not adequate glucose, or blood sugar, for the brain to use as fuel, we don't concentrate as well or feel as alert.

Eating breakfast ensures that blood sugar levels return to normal after the long time without eating while you were asleep. This is why you often hear that breakfast is the most important meal of the day.

The bottom line is that breakfast breaks the fast, waking up our bodies and brains to let them know it's time to get going. Even though mornings can be rushed, set your child up for success by making sure they start the day with a healthy, balanced breakfast.

Ingredients

- 200g high-fibre porridge oats
- 1 litre 1% fat milk
- 80ml cold water
- 4 tbsp low-fat natural yoghurt
- 1 apple, cored and thinly sliced
- 40g frozen raspberries (thawed - fresh are also fine)



Three Bears Breakfast

Cooking Instructions

Put the porridge oats into a saucepan with the milk and water.

Heat, stirring constantly, until the porridge thickens.

Reduce the heat and simmer for 3 to 4 minutes, stirring.

If you or the kids can't tolerate dairy products, make the porridge with water, or try making it with soya milk or oat milk.

Share the porridge between 4 serving bowls and top with the yoghurt, apple and raspberries.

Serve immediately.

Try topping with ready-prepared mango and fresh pineapple – available in most supermarkets.

You could also use canned fruit, packed in natural juice.



Ingredients

- 2 tsp vegetable oil
- 2 rashers lean back bacon, chopped
- 400g potatoes, pre-cooked and cut into chunks
- 4 spring onions, finely chopped
- 4 tomatoes, chopped
- 4 eggs
- 1 pinch ground black pepper

Potato and Poached Egg Hash

Cooking Instructions

Heat the vegetable oil in a large non-stick frying pan and add the bacon, cooking it for 1 to 2 minutes.

Tip in the potatoes and cook over a medium heat for 12 to 15 minutes, turning occasionally, until browned.

New potatoes or Charlotte potatoes are ideal for this recipe, as they don't break up. If using old potatoes, take care when stirring — and avoid stirring too often to help them keep their shape.

Add the spring onions and tomatoes and cook over a low heat for another 4 to 5 minutes, while poaching the eggs.

Poach the eggs in simmering water for 3 to 4 minutes, until the whites are set and the yolks still runny (or longer if you prefer a firm set).

Add a few drops of vinegar to the poaching water to help keep the eggs together.

Share the potato hash between 4 warm serving plates and place a poached egg on top. Season with black pepper, then serve.

For a vegetarian version, omit the bacon rashers and replace with 2 tablespoons of drained canned red kidney beans, packed in water.



Ingredients

- 4 reduced-fat sausages
- 2 handfuls cherry tomatoes, halved
- 200g closed-cup mushrooms, sliced
- 100ml cold water
- 1/2 tsp dried mixed herbs (optional)
- 4 slices wholemeal bread
- 1 pinch ground black pepper



Food Smart Bangers on Toast

Cooking Instructions

Preheat the grill. Arrange the sausages on the grill rack and cook for 10 minutes, turning often until browned on all sides.

If you're not a meat-eater, choose vegetarian sausages. Check the salt content of sausages, and opt for ones that have a reduced-salt content.

Put the cherry tomatoes onto a piece of foil and grill them for 3 to 4 minutes alongside the sausages.

Meanwhile, simmer the mushrooms in the water for 3 to 4 minutes, adding the dried herbs (if using). Drain off any excess liquid.

Toast the slices of bread.

Slice the sausages and mix with the mushrooms.

Pile onto the toast and top with the grilled cherry tomatoes.

Season with black pepper, then serve.

For a more filling breakfast, serve with a portion of reduced-salt and sugar baked beans in tomato sauce.



Can you eat healthy on a budget?

You bet your bottom dollar you can! Here are tips to help you have your (low-fat) cake and eat it. Cost shouldn't discourage you from trying to make changes to your and your family's diet. Healthy eating does not have to cost more.

Write a shopping list

Draw up a weekly meal plan using up ingredients you already have and make a list of missing items.

Try not to shop when hungry. People who shop when hungry are more likely to spend more, especially on less healthy foods.

Waste nothing

The average family with children throws away almost £60 of good food every month. Be strict about buying only what you'll actually eat. Freeze any unused food.

Eat leftovers for lunch

Cook extra portions for your evening meal so you can have the leftovers for lunch the next day.

Buy frozen

Frozen fruit and vegetables are underrated, and are often cheaper than fresh varieties.

Frozen vegetables are picked at the peak of freshness and then frozen to seal in their nutrients.

Eat more veg

Meat and fish are typically the most expensive food ingredients on a shopping list. How about adding vegetables to meat dishes like casseroles to make your meals go further? Or try a few vegetarian meals during the week to keep costs down.

Buy cheaper cuts

If you're prepared to take a little more time with your cooking, buying cheaper cuts of meat is a great way to save money.

Choosing a cheaper cut of meat, such as braising steak, shin or shoulder, does not mean missing out on a tasty meal.

Slow cooking gradually breaks down the fibres in cheaper cuts, giving great taste at a lower cost.

Cook from scratch

Save money by cutting back on takeaways. Preparing and cooking your own meals is generally cheaper than buying a takeaway or a ready meal, and because it's easier to control what goes into your dish, it can be healthier.

Food and Nutrition

To have a healthy, balanced diet, people should try to:

- eat at least 5 portions of a variety of fruit and vegetables every day (see 5 A Day)
- base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- have some dairy or dairy alternatives (such as soya drinks)
- eat some beans, pulses, fish, eggs, meat and other protein
- choose unsaturated oils and spreads, and eat them in small amounts
- drink plenty of fluids (at least 6 to 8 glasses a day)

Delicious Dinners

We often think fast food and frozen food is a quicker and cheaper option than cooking using fresh ingredients but that is not always the case.

Cooking doesn't have to be an inconvenience, cooking as a family is a great way to spend quality time together whilst learning more about food.

Take a look at these great dinner recipes for a healthier and happier you. It only takes around 30 minutes to get food on the table for many of them, and we've made it easy to see which ingredients are "swappable", so you know when you can swap ones you don't have for ones you do, or just leave them out entirely – perfect for when you need a quick dinner with what you have to hand.

Ingredients

- One whole 2kg chicken
- 1.2kg potatoes, peeled and quartered
- 1 tsp vegetable oil
- 4 carrots, sliced
- 2 leeks, sliced
- ½ savoy cabbage, sliced
- 150g frozen peas
- 4 tsp reduced-salt gravy granules



Roast Dinner

Cooking Instructions

Preheat the oven to 190C/170C fan/gas mark 5.

Put the chicken into a large roasting tin and roast in the centre of the oven for 90 minutes.

To add extra flavour, stuff the chicken with half an onion, half a lemon or a few garlic cloves.

Put the potatoes into a separate roasting tin and add the oil. Toss to coat, then roast on the oven shelf above the chicken for 60 minutes, turning after 30 minutes.

Start to cook the vegetables when the chicken is almost done. The carrots will take 10 to 15 minutes. The leeks, cabbage and peas will take 5 to 8 minutes when cooked together in a covered saucepan with a small amount of boiling water.

Check that the chicken is completely cooked by piercing the thickest part of the leg with a sharp knife or skewer – the juices should be clear if the chicken is done. Transfer to a carving board and cover the chicken with foil, allowing it to rest for 10 minutes before carving.

While the chicken is resting, make the gravy according to the pack instructions.

Serve 150g of chicken per portion, without skin. Serve with the roast potatoes, vegetables and gravy.



Ingredients

- 30ml rapeseed oil
- 700g boneless chicken, cut into cubes
- 3 medium onions, chopped
- 2 bell peppers (any colour), chopped
- 4 green chillies, sliced
- 4 garlic cloves, finely chopped
- 20g fresh ginger, peeled and sliced into thin pieces
- 400g tin of chopped tomatoes
- 1 teaspoon salt (optional)
- 1 teaspoon turmeric powder
- 1 heaped teaspoon cumin seeds
- 1 teaspoon red chilli powder
- 1 teaspoon of garam masala
- 1.5 teaspoon coriander powder
- 250ml water
- Fresh coriander to serve, finely chopped (optional)



Chicken Jalfrezi

Cooking Instructions

Heat the oil in a non-stick pan on a high heat. Add the chicken pieces and cook for 2 minutes. Add the cumin, turmeric, chilli powder and half a teaspoon of salt (if using). Mix well and fry on a medium heat for 3 to 4 mins, stirring frequently to stop the mixture from catching, until the chicken is lightly cooked and starting to turn white.

If you don't want to use chicken you could use beef, lamb, fish, butternut squash and cauliflower.

Remove the chicken and set aside, leaving the oil and juices in the pan. Fry the sliced onions on a medium heat for 7 minutes, until they're soft and beginning to turn golden.

While the onions are cooking, blend the tinned tomatoes in a blender, or mash well using a masher or the back of a fork.

Add the ginger, garlic and peppers to the pan and cook for 2 minutes, then add the tomatoes, mix well and cook for another 2 minutes.

Stir in the coriander powder, chilli powder, garam masala, cumin seeds and half a teaspoon of salt (if using), and cook for a further minute.

Add the chicken pieces back to the pan, stir well to coat in the mixture and cook for a couple of minutes.

Add the green chillies, mix and fry on medium heat for another 2 minutes. Pour the water into the pot and stir, then cover and simmer on low heat for 10 to 15 minutes.

Try adding some of your favourite veg to bulk out the sauce. Mushrooms and sweetcorn work brilliantly – and add more fibre!

Once the chicken is tender and the sauce has thickened, turn off the heat and scatter over the chopped coriander.

Serve with rice or chapatis, plain yoghurt and a lemon wedge for extra tang. Enjoy!

Ingredients

- 600g potatoes, cut into chunks
- 500g butternut squash, peeled and cut into chunks
- 1 tsp vegetable oil
- 1 medium onion, chopped
- 2 garlic cloves, crushed
- 2 carrots, chopped
- 300g vegetarian mince
- 400g chopped tomatoes
- 150ml reduced-salt vegetable or chicken stock
- 2 tsp curry powder
- 100g closed-cup mushrooms, sliced
- 1 courgette, grated
- 1 pinch ground black pepper
- 2 tbsp cornflour



Meat Free Cottage Pie

Cooking Instructions

Cook the potatoes and butternut squash in a large saucepan of boiling water until tender, for about 20 minutes.

Meanwhile, heat the vegetable oil in a large saucepan and gently fry the onion, garlic and carrots for 2 to 3 minutes, until softened. Add the vegetarian mince, tomatoes and stock.

Stir in the curry powder, then add the mushrooms and courgette. Bring to the boil, then reduce the heat and cook, stirring occasionally, for 15 to 20 minutes. Season with black pepper.

If you're not keen on meat substitutes, use a 410g can of green lentils in water, drained

Preheat the grill, warming a large baking dish underneath for a few moments.

Meanwhile, drain and mash the potatoes and butternut squash, seasoning with black pepper.

You could make the mash with a combination of swede, carrot and potato.

Blend the cornflour with 1 tbsp cold water and add it to the mince mixture, stirring until thickened.

Transfer it to the warm baking dish and spoon the vegetable mash on top. Grill for about 8 to 10 minutes, until browned.

Serve.

Serve with lightly cooked broccoli or cabbage if you like, or frozen beans, peas or mixed vegetables.

Ingredients

- 1 medium onion, finely chopped
- 2 garlic cloves, finely chopped
- 200g any type of mince (lean if possible)
- 1 tbsp olive or sunflower oil
- 1 tin chopped tomatoes (400g)
- 200g any type of dried pasta, like fusilli

Swappable or optional

- 200g mushrooms, sliced
- 1 pepper, any colour, chopped
- 2 tsp dried mixed herbs
- 2 tbsp tomato purée (optional)



Meatballs 'n' Sauce

Cooking Instructions

Mix some of the chopped onion and garlic with the mince. Shape the mince into small balls about half the size of a golf ball.

Try using turkey mince as a lower-fat alternative to lamb. Use vegetarian mince to make these meat-free.

Heat the oil in a non-stick frying pan and brown the meatballs on all sides. Remove and put on to a plate.

Add the remaining onion to the frying pan and cook for 2 to 3 minutes until soft.

Add the remaining garlic and cook for another minute.

Add the tomatoes, tomato purée, herbs, mushrooms and peppers to the pan with 150ml water.

Bring to the boil, then add the meatballs. Reduce the heat, cover with a lid and simmer for 30 minutes.

About 10 minutes before serving, put the pasta on to cook in plenty of boiling water. Serve with the meatballs and tomato sauce.

Serve with wholegrain brown rice as an alternative to pasta, but remember that it takes 25-30 minutes to cook.



Ingredients

- 450g minced turkey
- 1 small onion, very finely chopped
- 1 carrot, grated
- 50g sweetcorn
- 2 tsp dried mixed herbs
- 1 pinch ground black pepper
- 4 standard burger buns, cut in half
- 2 handfuls lettuce leaves
- 8 tomato slices



Turkey Burgers

Cooking Instructions

Preheat the grill to a medium-high heat.

Put the turkey meat, onion, carrot, sweetcorn and herbs into a large bowl. Season with some pepper and mix together – you can do this with your hands if you like.

If your family likes things spicy, add a pinch of chilli powder to the burger mixture.

Grill the burgers for 12 to 15 minutes, turning them over once, until browned and cooked through.

Remove from the grill and let rest for a couple of minutes.

While the cooked burgers are cooling, lightly toast the burger buns under the grill on the cut side only.

Put some lettuce on the bottom halves and place the burgers on top.

Add 2 slices of tomato onto each one and cover with the top half of the bun.

Use vegetarian mince to make these meat-free.



Ingredients

- 2 tsp vegetable oil
- 1 medium onion, chopped
- 1 garlic clove, crushed
- 2 carrots, chopped
- 250g swede or turnip, chopped
- 1 apple, peeled, cored and chopped
- 1 tbsp curry powder
- 1/2 tsp cumin seeds (optional)
- 1l reduced-salt vegetable or chicken stock
- 400g tomatoes, chopped
- 200g cooked chicken, skin removed, chopped
- 50g frozen peas
- 4 tbsp low-fat natural yoghurt
- 1 pinch fresh mint (optional)



Spiced Chicken and Vegetable Soup

Cooking Instructions

Heat the vegetable oil in a large saucepan and gently fry the onion and garlic for 2 to 3 minutes, until softened.

Add the carrots, swede or turnip and apple, and cook for another 2 minutes.

Stir in the curry powder and cumin seeds (if using) and cook gently for a few seconds.

Pour in the reduced-salt stock and add the tomatoes. Bring up to the boil, then reduce the heat and simmer, partially covered, for about 20 minutes, or until the vegetables are tender.

For a Mediterranean flavour, use 1 tbsp of mixed dried Italian herbs instead of the cumin seeds and curry powder, and use basil instead of mint.

Add the cooked chicken and peas and simmer gently for another 3 to 4 minutes.

Ladle the soup into warm bowls and serve each portion topped with 1 tablespoon of yoghurt and a few mint leaves (if using).

Serve each portion with a wholemeal roll.

For a vegetarian version, omit the chicken and replace with a 400g can of chickpeas in water, drained, and make sure you use vegetable stock.

Snack Smart

Half the sugar children are having comes from snacks and sugary drinks. Too much sugar can lead to harmful fat building up inside and serious health problems, including painful tooth decay.

We know it can be difficult to know what the best choice might be, so we have lots of tips and advice to help you make and buy healthier options when it comes to snacks.

Because we are spending a lot more time at home at the moment, it can be easy to snack more than usual. Fruit and veg snacks are always the best choice for kids' snacks – but if they are having packaged snacks, just remember to aim for 2 a day max.

Puddings - Are the good or bad?



Pudding is often seen as being bad for you but that is not the case. Having a pudding is a key component of a healthy diet.

There's a reason why your body craves certain delicious desserts. Low carb diets often overlook the fact that carbohydrates are an essential nutrient for the body. While desserts may not be the healthiest form of carbohydrates, the right indulgences can fuel your body and mind.

Plus, sweets such as pumpkin pie or dark chocolate contain rich sources of whole foods that provide necessary vitamins, fiber, and antioxidants to your diet.

Fruit is an essential part of your daily intake of nutrients that keep you healthy, strong, and immune to certain diseases.

Unfortunately, you may not be eating enough of these powerful food options.

Adding raspberries and blueberries to a bowl of frozen greek yogurt makes an already healthy dessert (rich in protein and healthy fats) into a positively vital meal for your daily fruit intake. Don't be afraid to get creative; from chocolate-covered strawberries to vanilla and mango smoothies.

Cereal bars (Tesco summer fruits cereal bars)

Energy (kJ/kcal)	Fat	Saturates	Sugars	Salt
214kJ / 51kcal	0.8g	0.4g	3.0g	0.1g
3%	1%	2%	4%	1%

of the reference intake*
*Typical values per 100g. Energy 1442kJ / 343kcal



Crisps (walker's ready salted)

Energy (kJ/kcal)	Fat	Saturates	Sugars	Salt
1524kJ / 363kcal	7.7g	0.9g	<0.1g	0.36g
8%	15%	2%	1%	6%

of the reference intake*
*Typical values per 100g. Energy 2172kJ



Popcorn

Energy (kJ/kcal)	Fat	Saturates	Sugars	Salt
2054kJ / 492kcal	3.5g	0.5g	0.2g	0.2g
3%	6%	2%	2%	3%

of the reference intake*
*Typical values per 100g. Energy 2041kJ / 488kcal



Chocolate Crepes

Energy (kJ/kcal)	Fat	Saturates	Sugars	Salt
675kJ / 161kcal	8.2g	1.2g	12.2g	0.2g
7%	17%	6%	18%	3%

of the reference intake*
*Typical values per 100g. Energy 1803kJ / 429kcal



Kiwi

Energy (kJ/kcal)	Fat	Saturates	Sugars	Salt
63kJ / 15kcal	0.6g	<0.1g	9.9g	<0.01g
2%	1%	<1%	10%	<1%

of the reference intake*
*Typical values per 100g. Energy 230kJ / 55kcal



Grapes

Energy (kJ/kcal)	Fat	Saturates	Sugars	Salt
202kJ / 48kcal	0.1g	<0.1g	11.7g	<0.01g
4%	<1%	0%	18%	<1%

of the reference intake*
*Typical values per 100g. Energy 308kJ / 73kcal



Ingredients

- 200g frozen cherries
- 200g frozen summer fruits
- 150g plain flour
- 75g lower-fat spread
- 30g porridge oats
- 1 tbsp demerara or granulated sugar
- 12 tbsp low-fat, lower-sugar plain yoghurt, to serve

Cherry Berry Crumble

Cooking Instructions

Preheat the oven to 180C, fan oven 160C, gas mark 4.

Put the frozen cherries and berries into a baking dish (there's no need to thaw them).

Use any combination of frozen fruits, such as raspberries or fruits of the forest.

Put the flour into a large mixing bowl and add the lower-fat spread, rubbing it in with your fingertips until the mixture looks like fine breadcrumbs.

Stir in the porridge oats and sugar.

Sprinkle the crumble topping evenly over the fruit. Place the dish on a baking tray and bake for 30 to 35 minutes.

Serve with 2 tablespoons of yoghurt per person.

Try adding a few drops of vanilla extract to the yoghurt to add some more flavour.



Ingredients

- 2 tsp vegetable oil
- 100g popping corn
- 2 egg whites
- 2 tsp unsweetened cocoa powder
- 65g dried cherries, chopped

Choc Cherry Popcorn Cakes

Cooking Instructions

Preheat the oven to 180C, fan oven 160C, gas mark 4.

Put 14 paper bun cases into bun trays.

Heat the vegetable oil in a large heavy-based saucepan with a tight-fitting lid.

Add the popping corn, put the lid on and shake the pan to coat the kernels in the oil.

Put the pan over a medium-high heat. The kernels will begin to pop, and when they do, carefully shake the pan occasionally.

A few popcorn kernels might not pop – just remove them.

When the popping subsides, remove from the heat. Cool for 5 minutes.

Whisk the egg whites and cocoa powder together in a large bowl.

Stir in the cooled popcorn and dried cherries.

Share the mixture between the bun cases, then bake for 8 to 10 minutes until set. Cool.

You could use sultanas or dried apricots instead of cherries.



Ingredients

- 4 very ripe bananas



Easy Banana Ice Cream

Cooking Instructions

Peel and slice the bananas – use 1 banana per person.

Freeze for at least 2 hours, or overnight.

Add to a food processor and blend until smooth and creamy.
Scoop into bowls and tuck in!

For an extra twist, add a sprinkle of cinnamon or a handful of frozen fruit.



Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

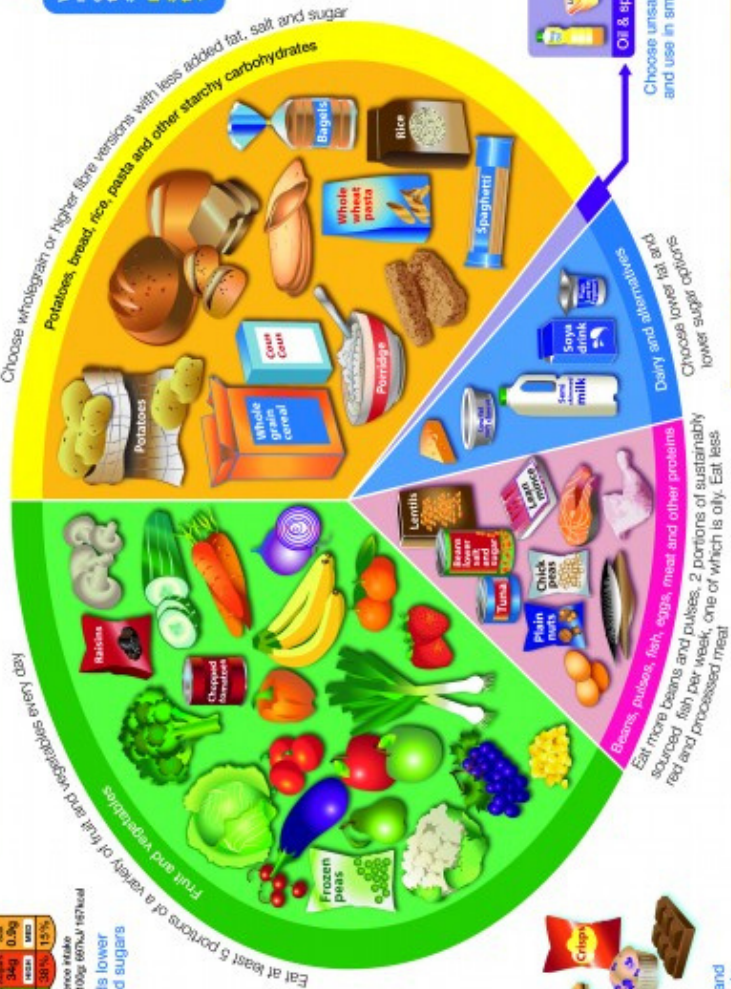
Check the label on packaged foods

Energy (kcal)	Fat (g)	Sugar (g)	Salt (g)
LOW	LOW	LOW	LOW
12.5%	7%	6.25%	3%
5%	1.5g	5g	0.5g
LOW	LOW	LOW	LOW
15%	3%	2.5%	1.5%

Typical values for solid (per 100g) (60%U) (67%U)

Choose foods lower in fat, salt and sugars

6-8 a day
Waters, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Per day 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

Eat Well Guide

The Eatwell Guide shows us the different types of foods that we need to keep our body fit and healthy – it's a model of healthy eating

Is the Eatwell Guide for me?

- The Eatwell Guide applies to most people regardless of weight, dietary restrictions/preferences or ethnic origin.
- However it does NOT apply to children under the age of 2 because they have different nutritional needs. Between the ages of two and five years, children should gradually move to eating the same foods as the rest of the family, in the proportions show in the Eatwell Guide.
- Anyone with special dietary requirements or medical needs should check with a registered dietitian, or their GP, on how to adapt the Eatwell Guide to meet their individual needs.

When should I use the Eatwell Guide?

- You can use the Eatwell Guide to make healthier choices whenever you're;
- At home deciding what to eat, what to cook, what to put in a lunchbox or what to shop for
 - Out shopping – aim to fill your trolley/basket with a healthy balance of different types of food
 - Eating out in a restaurant, café or work canteen, or when you're choosing food on the run – follow the Eatwell Guide to help you choose a healthy balance.

Create your own Eatwell Superhero

Choose one of the food groups and make up a super hero who has special powers because they eat foods in that group. For example, Captain Carbohydrate has incredible energy so they can outrun all his enemies. Dan Dairy can bite through metal with their extra strong teeth and Protein Powerman has giant muscles to pick up their enemies and throw them away!

Task Draw a picture of your Super Hero and/or write a story about an adventure that they have had.



Colour your rainbow

Colour your own rainbow. Every time you eat a different colour piece of fruit or veg then colour in a line of your rainbow.



Eating a Rainbow

Eating a rainbow encourages us to eat five portions of fruit and vegetables every day. These can be fresh, tinned, frozen or dried. Eating five different coloured fruit and veg during the day is ideal because the different colours help our bodies in different ways.

- Red: strawberries, apples, tomatoes, peppers
- Orange: oranges, apricots, peaches, carrots, peppers
- Yellow: bananas, lemons, grapefruits, sweetcorn, peppers
- Green: apples, pears, kiwis, grapes, peas, broccoli, spinach, peppers
- Blue: blueberries Indigo: blackberries, aubergines
- Violet: plums, grapes, damsons

How colourful is your rainbow

Every day of the week write down the different coloured fruit and veg you eat and see how colourful your rainbow is. Then using the taste trail tips (below) see if you can add more colour to your rainbow.

	<i>red</i>	<i>orange</i>	<i>yellow</i>	<i>green</i>	<i>blue</i>
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Taste Trail



Date	Time	Food	Rating

Taste Trail

Do you want to add some variety to your diet?
Are you getting bored of the same food and want to try something new?

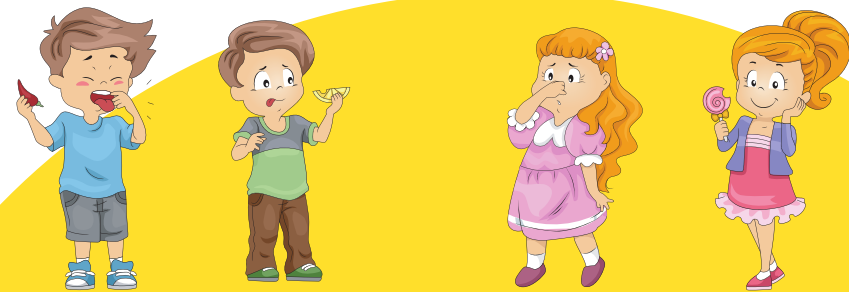
A taste trial is the perfect way to try new foods without changing your diet or falling out of love with other foods.

A trail should always be done away from the pressures around mealtimes. Rating the food is important so you can remember what you thought about the new food and include it.

Regular trails, such as every day or several times a week, give the best chance of success.

When tasting follow these general principles:

- Plan the trail for the least stressful time of the day or week
- Provide a bin for spitting out the food if necessary
- Practice a relaxation technique immediately before the trail
- Taste a small piece - 1cm cube is a good size
- Reward yourself immediately after trying the food (do something nice)
- Provide a favourite drink after the trial
- Rate the food from 0-10
- Repeat the trail with the same food regularly

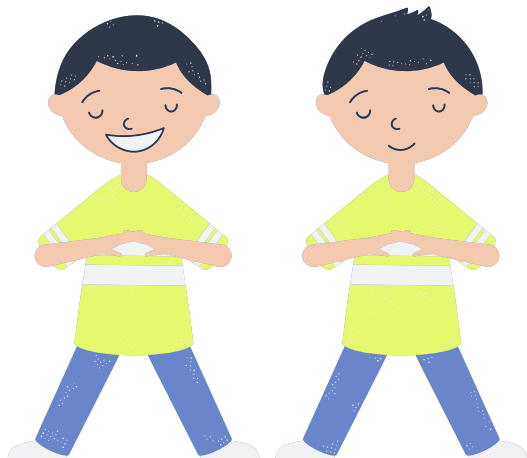


Relaxation Techniques

Muscle Relaxation Techniques

1. Find a quiet place to sit comfortably or lying down
2. Take ten deep breathes (as above in the deep breathing techniques)
3. Squeeze your hands into fists and tense for three seconds then release.
4. Bend your arms and touch your shoulders and tense for three seconds, then release.
5. Hunch up your shoulders to your ears and tense for three seconds and release.
6. shut your eyes tightly and tense for three seconds and release.
7. Tense your muscles in your stomach and tense for three seconds and release.
8. Point your toes upwards and tense for three seconds and release.
9. Point your toes downwards and tense for three seconds and release.
10. When you are ready get up slowly.

Never jump up too quickly after a relaxation exercise.



Relaxation Techniques

Relaxation techniques are simple and can be used anywhere. Regular practice lowers overall anxiety and helps young people generally cope better.

Relaxation used immediately before trying a new food helps lower anxiety associated with eating something different.

Deep Breathing Techniques

1. Place one hand on your chest and the other on your stomach.
2. Breathe in through your nose counting to three. If you are breathing deeply, the hand that is on your stomach should rise.
3. Breathe out through your nose or mouth counting to three. The hand on your stomach should go down.
4. Repeat these 10 times



Benefits of Physical Activity

- Physical activity keeps the body strong and healthy and can improve mental health by decreasing symptoms of depression, anxiety, pain and loneliness.
- Physical activity can also improve focus, school performance, sleep and energy levels.
- Children who participate in regular physical activity enjoy improved relationships and a more positive body image.

Benefits of physical activity for brain function

Physical activity plays an important role in developing the brain and supporting essential mental functions.

Exercise leads to improved motor skills (such as hand-eye co-ordination), better thinking and problem-solving, stronger attention skills and improved learning. Not surprisingly, these all combine to benefit school performance. Even the simple act of playing outside with friends has been linked to children performing better on tests and assignments.

Benefits of physical activity for emotional and mental health

If your child has symptoms of depression or anxiety, or even just an "off" day, physical activity may be the last thing on their mind. However, physical activity can help greatly with maintaining mental wellbeing. "Feel-good" chemicals in the brain, known as endorphins, are released by the brain during physical activity and help to improve mood, energy levels and even sleep. Together, these positive effects help to improve self-confidence and resilience. Kids who get active every day are also better sleepers.

The Importance of physical activity



Improves behaviour, self-confidence and social skills



Improves attention levels and performance at school



Improves health and fitness



Maintains healthy weight



Develops co-ordination



Strengthens muscles and bones



Helps them sleep better



Improves mood and makes them feel good

Mike's Monster Scare

The kids are asleep which means it's Scaring Time! It's your job to release Sulley and get the maximum screams for Monstropolis.

Instructions:

Choose 1 person to be Sulley and 1 to be Mike, then find 2 walls that are opposite each other. The rest of you are kids. Mike has hold of Sulley.



we're not scared!

The kids line up along the wall and chant, "We're not scared!"



When Mike wants to, he releases Sulley, who charges towards the kids doing his best scary monster impression.



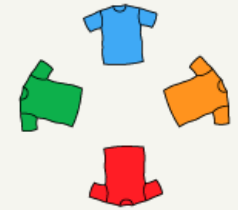
Games and Activities

Mike and Sully's Scare Challenge

Can you creep around the room as you scare like Mike and Sulley?

Instructions:

Spread out lots of t-shirts on the floor.



Shout "Roaaaaaar!" then jump from t-shirt to t-shirt. Be careful not to touch the floor.



If you touch the floor, you have to do 20 star jumps.



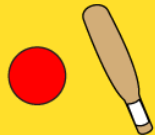
from Better Health with Disney

Rapunzel's Frying Pan Cricket

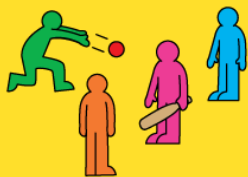
Can you protect your wicket as well as Rapunzel protects her tower? Keep the ball at bay using your super swing!

Instructions:

Grab a soft ball and a bat or rolled-up newspaper.



Choose a player to be Rapunzel. The rest stand in a circle around her and each throw the ball at her legs while she tries to block it with the bat.



If you catch the ball or hit her legs, you become Rapunzel.



Games and Activities

Anna and Kristoff's Sled Chase

Anna's taken control of Kristoff's sled! Can you outrun the wolves?

Instructions:

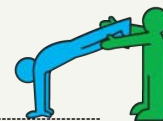
Mark out a start and finish line.

start finish

Get into pairs and choose one person to be Kristoff. Whoever is Kristoff puts their hands on the ground while Anna holds their feet in the air.



See how quickly you can escape the wolves and get to the finish line! Then swap places and race again.



Keep playing for 10 minutes and try to beat each other's times!



Climb the Mountain

How many mountain climbers can you complete in 60 seconds?

Instructions:

No equipment is required.

Just make sure you use a clear, open and safe space.

Top Tips:

Make sure you bring your knees up as you move, do not just flick your legs up and down.

Challenge yourself!

Perform a press up after each mountain climber.

Compete against other family members.

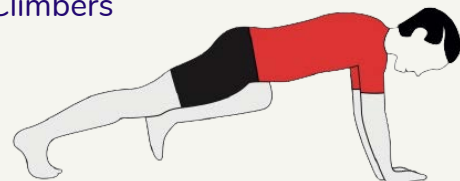
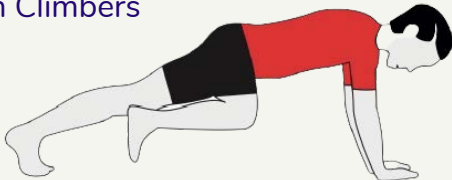
The first person to achieve gold is the winner.



Achieve Bronze - 20 Mountain Climbers



Achieve silver - 30 Mountain Climbers



Achieve silver - 50 Mountain Climbers

60 Second Challenges

Air Balloon

Can you keep the balloon up in the air for 60 seconds?

Instructions:

1 Blow up a balloon!

If you do not have a balloon, use scrunched up tissue paper or a bag!

2 You can only use one hand during the 60 seconds! Keep one hand behind your back at all times!

3 With a partner how long can you keep three balloons up in the air for? As soon as a balloon touches the floor your time stops!



Achieve Bronze - Lose 2 lives



Achieve silver - Lose 1 life



Achieve silver - Lose 0 lives



Climb the Mountain

How many mountain climbers can you complete in 60 seconds?

Instructions:

Place unpaired socks five steps away from a box. Players run, match up a pair of socks and place them in the box.

Top Tips:

You need lots of socks and a box! If you do not have a box use a bowl.

Make it easier by increasing the time and reducing the distance.

Compete against someone else to see who pairs the most socks in 60 seconds.

Put some odd socks in to make it harder!



Achieve Bronze - 10 pairs of socks



Achieve silver - 15 pairs of socks



Achieve silver - 20 pairs of socks



60 Second Challenges

Hunt the Hats

Can you find all ten hats within 60 seconds?

Instructions:

Ask a family member to hide ten of the same objects, hats, teddies or rolled up socks in the room.

Each time you find an object you must take it back to the start before searching for another object.

Top Tips:

Hit 10 hats! If you do not have ten hats, use teddies or rolled up socks.

Increase the amount of time!

If you have hidden the hats in different rooms, increase your time to 120 seconds!

Compete against someone! Hide 10 objects, whoever finds the most in 60 seconds is the winner!



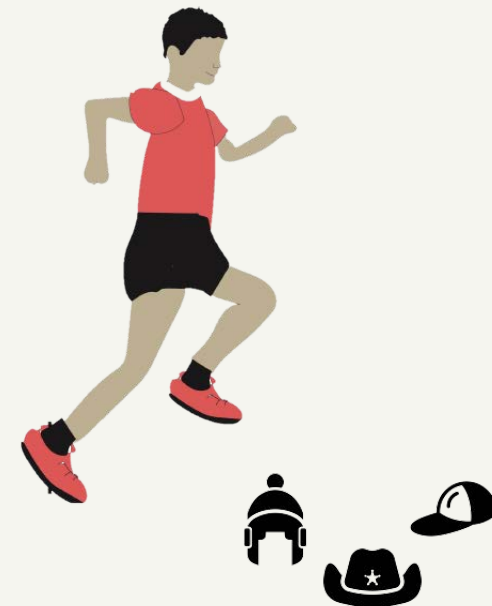
Achieve Bronze - Find 4 hats



Achieve silver - Find 7 hats



Achieve silver - Find 10 hats



More Recipes



Phunky Foods Recipes:

<https://www.phunkyfoods.co.uk/recipes/>

#CookTogether

Check out these fun, simple recipes for you and your child(ren) to try out at home. Watch the videos, download the recipes ... and give it a go.

<https://www.phunkyfoods.co.uk/parents/cooktogether/>

Change4Life Recipes:

change 4 life
cook together

<https://www.nhs.uk/change4life/recipes>

Cook Together

Get the family involved and make tasty meals from scratch with Cook Together.

<https://cooktogether.change4life.co.uk/>

Eat Well Move More

Eat Well Move More is a 12 week family healthy lifestyle programme, for ages 4-16, that will help you and your family to better understand your relationship with physical activity and nutrition.

Tailored support in the form of one to one sessions with our health trainers will help you to achieve your own targets and improve you and your families health.

<https://www.solihullactive.co.uk/eat-well-move-more-family-healthy-lifestyle/>

More Physical Activities

Sport England Active Recovery Hub:

You can find lots of ideas and inspiration to help your children stay active before, during and after the school day - as well as throughout the holidays.

<https://www.yourschoolgames.com/active-recovery/>

Disney Dance Along

Dance routines to help you get active as a family. You can learn their moves or put your own spin on their routines. At the end of the day, it's about breaking a sweat while having a bit of fun.

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>



Bound for Beijing

To celebrate the Beijing 2022 Olympic and Paralympic Games, we're encouraging families to get active with the virtual Bound for Beijing challenge.

<https://www.getset.co.uk/bound-beijing>

Couch to Family Fit

Now you can get active from your own home. Bit by bit, you'll feel fitter, when you stick to our free 4-week schedule. It's amazing what a difference it can make!

<https://ourparks.org.uk/couch-to-family-fit>

Colour Me



Colour Me

