

BNF Healthy Eating Week

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Monday 12th June – blueberries and porridge



Blueberries pack a big health punch. They're a superfood for a start and will help to keep your mind sharp, lower your cholesterol, keep your bones strong and prevent arteries hardening. You can pop them like sweets and they won't add an ounce of weight. The humble porridge oat has proven talents in helping to lower blood pressure, reduce cholesterol, as well as being packed with a whole host of vitamins, minerals and fibre. It's slow-releasing, wholegrain goodness is a perfect kick-start for athletes and sports people.

Tuesday 13th June – have a 5-a-day fruit bag

Fruit is loaded with the essential vitamins, antioxidants and fibre that our bodies need to stay healthy, fight infection, maintain energy levels and to develop healthily as we grow. For example, citrus fruits and strawberries are loaded with immune system-boosting Vitamin C, apricots with eye-healthy Vitamin A and apples contain a mind-boggling array of antioxidants. Fruit looks nice too so it must taste good! Pop into the canteen today and pick up your 5-a-day fruit bag.



Wednesday 14th June – get active for Sports Day



The recipe for anyone taking part in Sports Day is:

- ◇ Eat a good breakfast and a healthy bowl of porridge with fruit would be a good choice.
- ◇ Eat small amounts regularly throughout the day. Don't skip meals.
- ◇ A handful of dried fruit or nuts will provide a healthy energy boost when needed.

Thursday 15th June – drink more water

Think of water as a nutrient your body needs. Drinking water helps the skin to do its job of regulating the body's temperature through sweating. Water is also essential for the proper circulation of nutrients in the body and serves as the body's transportation system. When we're dehydrated, things just can't get around as well. So visit the canteen and try a glass of iced water with mint, cucumber, orange and lemon.



Friday 16th June – try something new



Trying foods we've never had before broadens our horizons. Think of it as a way of travelling to different parts of the world, exploring and discovering new flavours and foods. The choice is endless and many of the products and ingredients are available right here in our own supermarkets. Pick something you eat regularly and see if you can modify it by adding a food you've never had before. Failing that, the canteen is offering something different with natural yoghurt and fruit dipping sticks.