

A vibrant collage of various vegetables is arranged around a central yellow rectangular box. The vegetables include a large orange carrot with green leaves on the left, a bunch of green celery stalks at the top, a head of green broccoli on the right, a red bell pepper at the bottom left, and a purple eggplant at the bottom right. A small green leafy vegetable is also visible at the bottom center. The background is a solid light yellow color.

Welcome to Healthy Living Week: 8th - 12th November 2021

Key Messages



We are a Healthy Eating School!

HEALTHY BREAKS POLICY



At St. Mary's Primary School we encourage healthy eating amongst our pupils.

We adopt a Healthy Breaks Policy in our school.

The Board of Governors is committed to this policy.



PROMOTING HEALTHY BREAKS IN OUR SCHOOL

As part of our Healthy Breaks Policy, children will be encouraged to eat:

- fruit and vegetables
- bread based products
- crackers and cheese
- drink **only** milk or water

at break time.



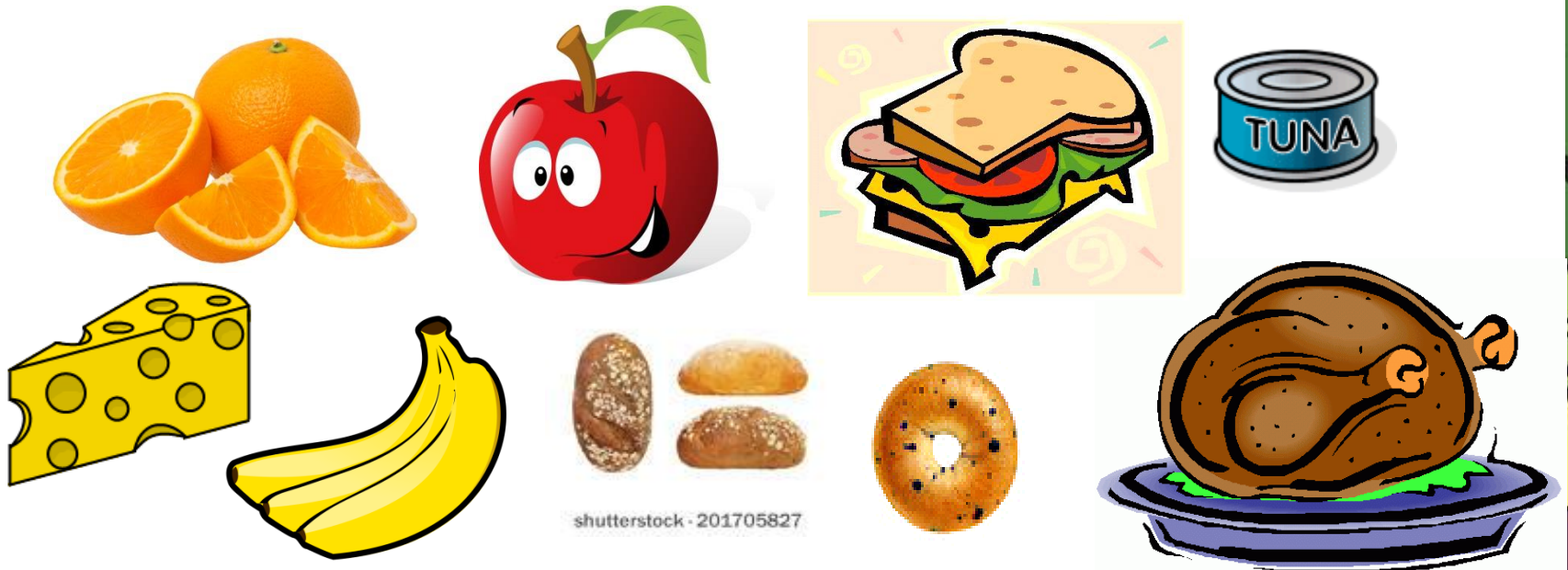
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The school canteen staff will provide toast and other bread-based products for sale at break time.

What goes in your Lunch Box??



- In our school, we allow **ONE** treat in your Lunch Box.
- What yummy, healthy foods can we put in our Lunch Box?



We are a NUT FREE school!





A Healthy Song!

Chorus

A healthy life needs a healthy diet,
so check the label before you buy it.
There's better ways to cook than to deep-fat fry it,
so think before you drink or chew. (repeat)

Verse 1:

Getting lots of exercise keeps you fit and healthy,
keeps you bright. Running, jumping, stretching high,
so helps you to get to sleep at night.

Chorus.

Verse 2:

Resting puts back the energy,
helping keep feeling strong and healthy.
Sleeping it's a necessity, gives us the chance to grow!

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Welcome to Healthy Living Tuesday 9th November



Healthy Living

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What does it mean?



Staying Healthy

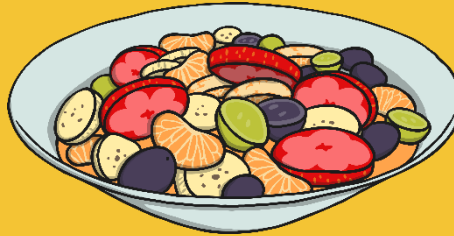
There are many ways to stay healthy.

Some of these ways are:

Exercising regularly



Eating healthily



Having a happy attitude



Why do you think being healthy is so important?

Exercising Is Fun!

Doing regular exercise will help us all feel great and keep our bodies strong!

Our hearts need to be kept active and pumping.

Exercise also burns fat.



Ways to Stay Active:

Walking



Playing games



Dancing



Can you think of any more?

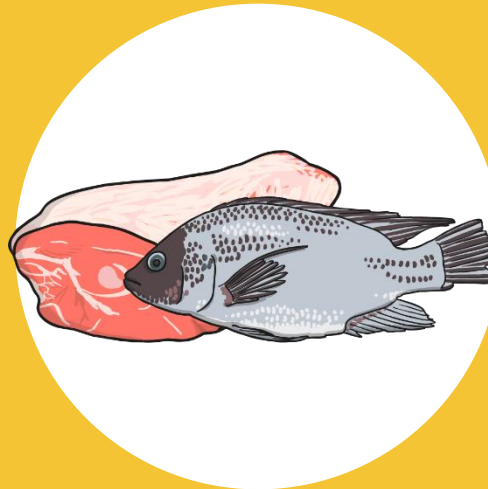
Healthy Foods

We should aim to eat 5 portions of fruit and vegetables a day.

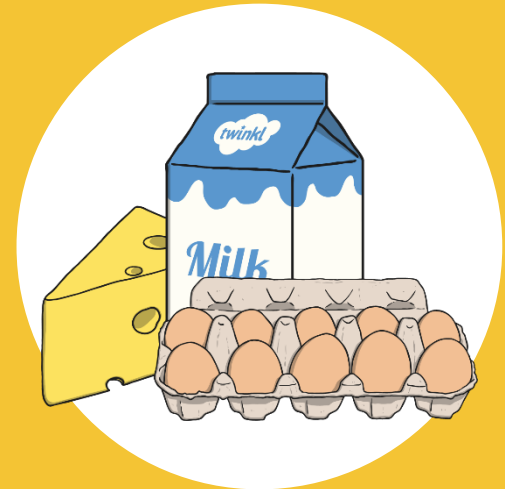
**Fruit and
vegetables**



**Fish and
meat**



**Eggs, milk
and cheese**



Unhealthy Foods

It is perfectly fine to eat a little bit of unhealthy food but eating too much unhealthy food could make us overweight and not feel great.

Cakes and sweets



Chocolate



Chips and crisps





Can you think of any unhealthy things that people do?

No sugar coating these facts!



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Sugar



- For children ages 4 to 6 years old no more than 5 sugar cubes.
- For children aged 7 to 10 years old no more than 6 sugars cubes.





Sugar



- ❖ Sugar is a high calorie food that has no nutritional value. (No vitamins at all!)
- ❖ It can contribute to obesity and tooth decay.
- ❖ Sugar is highly addictive.
- ❖ Sugar speeds up your ageing process.

A Staggering Sugar Statistic!

The average person consumes **24KG** of sugar each year!! Lets see what this looks like!





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Tips to cut down on Sugar

For a healthy, balanced diet, cut down on foods and drinks containing added sugars. These tips can help you cut down:

- ❖ Swap sugary drinks and juice for water or milk.
- ❖ Swap cakes or biscuits and sweets for whole grain bread, scones and rice cakes.
- ❖ If you take sugar in hot drinks or breakfast cereal, gradually reduce the amount. This will help cut it out completely.
- ❖ Check Nutrition Labels. Green is good, with low amount of sugar. Red is bad, with a high amount of sugar.
- ❖ Choose whole grain breakfast cereals. No Frosties or Cocopops!



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