

Eating Healthy

Making healthy choices in regards to what you eat plays a crucial role in building up your immune system so that your body can tackle illnesses from the inside. When you make healthy choices in regards to your eating you will no doubt feel better within yourself.

Also, this is a great opportunity for parents to teach their children to cook. Involving children in cooking from as early as possible will not only keep them occupied and give you more time to bond with them, but it will also get them into good habits regarding helping around the house and eating healthy.

Here are some websites with **many healthy recipes** (including vegetarian and vegan options) that are clear and easy to follow:

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

<https://www.bbcgoodfood.com/recipes/collection/kids-cooking>

<https://www.kidspot.com.au/kitchen/recipes/collections/cooking-with-kids>

<https://tasty.co/article/melissaharrison/cooking-with-kids>

<https://realfood.tesco.com/baking.html>

A Balanced Diet

A balanced diet is important because your body needs proper nutrition to work effectively. Without good nutrition, your body is more prone to disease, infection, fatigue, and poor performance. Children with a poor diet run the risk of growth and developmental problems and poor academic performance, and bad eating habits can persist for the rest of their lives.

We all need to make sure we are eating the correct amounts of the 5 foods groups each day: **fruits and vegetables** (eg bananas, oranges, apples), **carbohydrates** (eg bread, potatoes, pasta), **protein** (eg beans, meat, fish), **dairy products** (eg milk, yoghurt, cheese) and **healthy fats** (avocados, olive oil, nuts). Also make sure you are drinking plenty of **water** throughout the day along with **milk** and you can add some hot drinks like **honey and lemon tea** or other **fruit teas**. Make sure you do not eat too much food containing vast amounts of sugar, like sweets and chocolate and also avoid fizzy drinks.

*Please see the 'Eat Well Guide' poster on our school website for more details!