

Healthy Living Week



This week it is Burlington's Healthy Living Week!

What we'll be doing this week:

- Learn about the importance of healthy eating
- Make some healthy food
- Creating your own Sports Day



Healthy Eating - This is English Lesson 4



Can you sort these different foods into groups?



Mr Johnson sorted them into healthy and unhealthy!

Healthy



Unhealthy

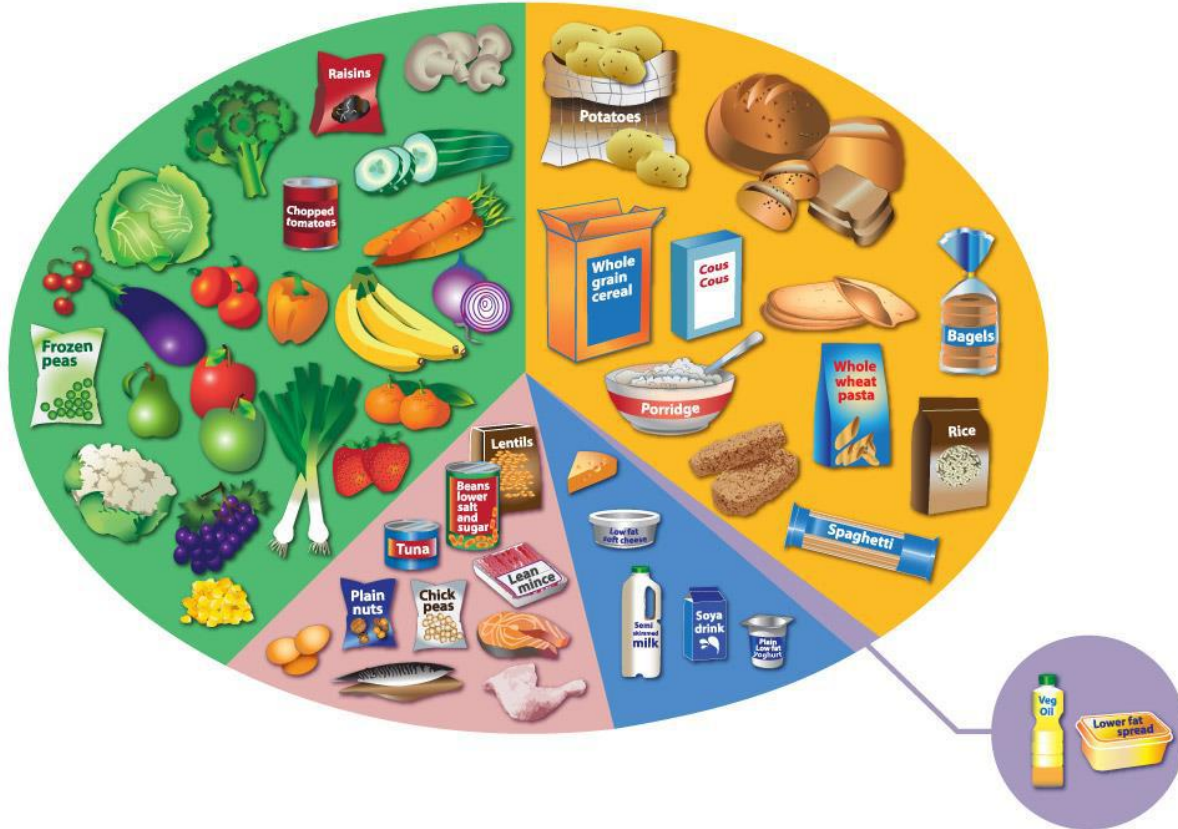


It is important to have a balanced diet, with different foods that provide your body with everything it needs. Here are the different foods you should be eating.

- Lots of fruit and vegetables
- Wholegrains (such as brown rice, whole grain bread and whole grain pasta)
- Beans and lentils
- Lean meat and fish
- Nuts and seeds



This is the Eatwell Plate!
We're going to find out more about it on the next slide.



Can you match the section of the Eatwell plate to its description?

These are good sources of protein and some vitamins, and they're also an important source of calcium, which helps keep our bones strong.



These are a good source of vitamins, minerals and fibre.



Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.



These foods are good sources of protein, vitamins and minerals. Pulses, such as beans, peas and lentils, are good alternatives to meat because they're lower in fat and higher in fibre and protein, too.



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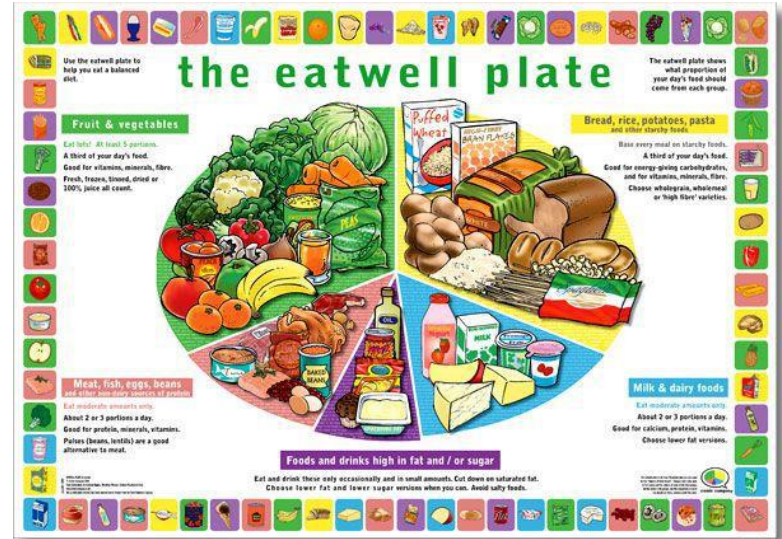
Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.



Milk, cheese, yoghurt are good sources of protein and some vitamins, and they're also an important source of calcium, which helps keep our bones strong.

Activity

You can either draw your own Eatwell Plate or you can design a poster all about healthy eating!



Making fruit bugs



There are 2 types of bugs we can make, either vegetable bugs or fruit bugs!
This is a gluten free and vegan recipe but you can use normal chocolate and cream cheese.
You can also come up with your own creations using different ingredients.
Here are the ingredients for each:

Vegetable bugs

- 2-3 Celery stalks, cut into various lengths for different bugs
- 1-2 mini cucumbers, halved lengthwise with seeds scooped out, cut into various lengths
- $\frac{1}{2}$ cup Vegan cream cheese
- 10 cucumber slices
- 1 cup cherry and/or grape tomatoes (various colours)
- 1 bunch chives, cut into 1" lengths
- 5-7 black olives
- 10 whole cashews

Fruit bugs

- 2-3 celery stalks, cut into various lengths for different bugs
- $\frac{1}{2}$ cup peanut butter (or other nut/seed butter for peanut allergies)
- 1 cup red and/or green grapes
- 3-4 strawberries, sliced
- $\frac{1}{2}$ cup blueberries
- 1 apple, sliced
- $\frac{1}{4}$ cups mini dairy-free chocolate chips
- $\frac{1}{2}$ cup [Envirokidz Leapin' Lemurs cereal](#) ([Gorilla Munch](#) or [Panda Puffs](#) work well too!)

Step 1

Begin by preparing the googly eyes for your fruit and vegetable bugs.

Vegetable bugs: Use a straw to cut out black olive pupils. Alternatively, you can chop black olives into small pieces and use those for the pupils instead. Pipe small dots of cream cheese onto a plate and top with black olive pupils. After assembling the eyes, place them in the freezer to chill for easier assembly later on.

Fruit bugs: *Version 1* - Pipe small dots of cream cheese onto a plate. Top with mini dairy-free chocolate chips.

Version 2 - Use peanut butter or cream cheese to "glue" mini chocolate chips to the Envirokidz cereal. After assembling the eyes you can then pop them into the freezer to chill.

Top tip: If you don't have piping bags, sandwich bags with the tip of the corner cut off will work well for piping eyes.

Step 2

Prepare fruit and vegetables. You might want to cut them into semi circles, rectangles, or circles. Look at the photos to give you an idea.

Step 3

Scoop seeds from mini cucumbers. Help your bugs stand upright by slicing a flat edge on the bottoms of mini cucumbers and celery sticks.



Step 4

Vegetable bugs. Fill celery stalks and/or mini cucumbers with cream cheese, using a piping bag or spoon.

Step 5

Fruit bugs: Fill celery stalks with peanut butter, using a piping bag or spoon. These will be the base of all the fruit and vegetable bugs you make.



Step 6

Unleash your imagination! Use our reference photos for inspiration to make snails, caterpillars, dragonflies, and butterflies. Or get creative and invent your own bugs!

Snails: Start with a fruit or vegetable round for the shell. Stick chilled googly eyes onto the tomato, cashew, or grape "heads". Insert chives or thin-sliced apples (with skins on) for antennae.

Caterpillars: Stick chilled googly eyes onto cherry tomato or grape "heads". Add chive or apple antennae. Make the body with a line of cherry tomatoes, grapes, blueberries, or Enviroidz cereal.

Dragonflies and butterflies: Stick chilled googly eyes onto grape or tomato "heads". Or place Enviroidz cereal eyes into peanut butter. Add chive or apple antennae. Use sliced strawberries or halved cucumber slices for wings. Use Enviroidz cereal, blueberries, grapes, or cherry tomatoes for the body.



Change 4 Life have loads of quick, easy, and healthy snack ideas on their website.



Muffins with cream cheese and cucumber sticks



Yoghurt with mandarin segments



Toasted malt loaf with strawberries



Sugar snap peas with low-fat hummus



Sliced fruit with yoghurt dip



Home-made popcorn



Toasted pitta with tuna, mayo and yoghurt dip



Mashed avocado and boiled egg

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks>

Sports Day

Create your own Sports Day!

Think about...

Will you make a poster with the date and time on it?

What activities you will have?

Will you keep points? Will you give out medals?

Do you want people to wear certain colours?

If you do organise a Sports Day for you and your family to take part in, we would really like it if you shared your day with us!

