



Healthy Eating Newsletter

February 2017

Sugar Focus

We recently held a Big Think Time Assembly with Sugar as our focus. We talked about how much sugar is the maximum recommended daily amount for the different age groups. The pupils were then asked to think about how much sugar was in certain products. Each group was given pictures of popular foods and sugar cubes that they were asked to match up. (Please see below. How well do you think you would do?)

Answers in the next Newsletter)

This proved to be quite surprising in some areas.

Beware of hidden sugars!



5 cubes of sugar



2 cubes of sugar



2 ½ cubes of sugar



9 cubes of sugar



In our previous Newsletter we pointed out the sugar content of Coco Pops compared to Shreddies. We understand that some parents have now swapped.

Do you know about Change4Life?
We recently sent home little packs which contain activities and stickers for the children.

They also contain tips and food swaps to help you stay food smart.
If you would like another pack please let Mrs Dodd know.

Have you seen the wall outside of the office,
in the playground?

We will display little tips and facts from time
to time for both pupils and adults to stay
aware of our Healthy Eating focus.



Uh-oh!!
Your favourite muffin
has **5 cubes of sugar**, **3 grams of sat fat** and
more than half a sachet of salt!



5 cubes
of sugar



3 grams
of sat fat



4 – 6 yrs max daily amount



7-10 yrs max daily amount

Healthy Eating Tips



Change4Life has an app that can keep you informed about the contents of your food choices. Why not download the FREE Be Food Smart app and see for yourself. More details are in the little pack and on their website.



Why not make these carrot and courgette muffins with the children during half term? The recipe is in the pack and on the Change4Life website.

Cooking Club have been thoroughly enjoying experimenting with puff pastry recipes. We started with a basic tomato and cheese and then added the ingredients that the pupils wanted the following week. We're not quite sure if the parents are enjoying them more than the pupils but they have proved very popular!

Let us know....
If there is anything you would like provided in this half termly Newsletter.