

HEALTHY LIVING

FOOD AND EXERCISE

We all know being fit and healthy is good for our bodies, but how do we do this? Healthy eating and exercise play a major part in helping us grow, both physically and mentally. Read the five tips below on how you can lead a healthy lifestyle.

1. GET ACTIVE EVERY DAY

Regular physical activity is important for the healthy growth, development and the well-being of children and young people. Try to be as active as you can, whether that be taking the stairs instead of the elevator at the shops, or walking or riding your bike home from school, or even part of the way home, taking your dog for a walk with a friend or joining a local sports club are all easy and great ways to stay active and healthy.

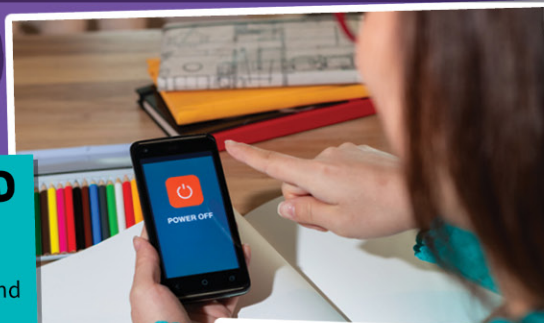


2. CHOOSE WATER AS A DRINK

Water is the best way to quench your thirst, and it doesn't come with the added sugar found in fruit juices, soft drinks and other sweetened drinks! Reduced fat milk for children is a nutritious drink and a great source of calcium. Freshly squeezed juice is much healthier than juices you can buy at the shop that have had sugar and preservatives added to them.

3. EAT PLENTY OF FRUIT AND VEGETABLES

Eating fruit and vegetables every day helps us grow and develop, boosts our vitality and can reduce the risk of many chronic diseases. You should aim to eat two serves of fruit and five serves of vegetables every day.



4. SWITCH OFF THE SCREEN AND GET ACTIVE

Time spent watching TV, going online or playing computer games is linked to becoming overweight or obese. Don't spend more than two hours a day on 'small screen' entertainment.

5. SELECT HEALTHIER ALTERNATIVES

We have daily nutritional needs that should be met, and eating healthy snacks is a good way to do this! Snacks based on fruit and vegetables, reduced fat dairy products and whole grains are the healthiest choices. Avoid snacks that are high in sugar or saturated fats – such as chips, cakes and chocolate.



BANANA & WALNUT BREAD

It seems everyone loves banana bread! However a lot of recipes include lots of butter and sugar. Why not try this healthier version? Walnuts are one of the most nutritionally rich nuts available and a very valuable source of Omega 3 fats. This banana bread is terrific as a yummy healthy snack or in a lunch box, and children can help you to make this by mashing up the bananas, and measuring and mixing the ingredients. Also, the riper the bananas are, the more naturally sweeter your banana bread will be.

WARNING:

Always ask for help from an adult when using sharp tools or instruments or when cooking with heat.

INGREDIENTS

- 1 cup white spelt flour
- 1 cup wholemeal spelt flour
- 1 tsp baking powder
- ¼ tsp sea salt
- *1 cup toasted walnuts, chopped (see below for how to toast walnuts)
- 1½ cups ripe bananas, mashed
- ½ cup low fat natural yoghurt
- ¼ cup honey
- 2 large eggs, beaten lightly
- ¼ cup sunflower oil
- 1 tsp vanilla extract



DIRECTIONS

1. Preheat the oven to 180 degrees Celsius.
2. Grease and flour a loaf tin.
3. Combine the flours, baking powder, sea salt and walnuts and set aside.
4. Mix the bananas, yoghurt, honey, eggs, oil and vanilla together.
5. Fold the wet ingredients through the dry until combined, but don't over stir.
6. Pour the batter into the loaf tin and bake for approx 55 minutes until the loaf is golden and the cake comes away clean from the sides.
7. Set aside to cool.
8. Stores for up to 4 days in the fridge.

*TOASTING WALNUTS

You need to pay extra attention when you toast walnuts as they can very quickly go from being toasted, to being burnt! Following are directions to either toast them in the oven, or on top of the stove:

How to Toast Walnuts In the Oven

Preheat oven to 375°F. Lay walnuts on a baking sheet (you can line it with foil or parchment paper for easy clean-up). Roast walnuts until they start to brown and smell toasted, 5 to 10 minutes.

How to Toast Walnuts On the Stove

Heat a large frying pan over medium high heat. Add walnuts to the hot, dry pan and cook, watching constantly and stirring frequently, until walnuts start to brown and they smell toasted, about 5 minutes.

