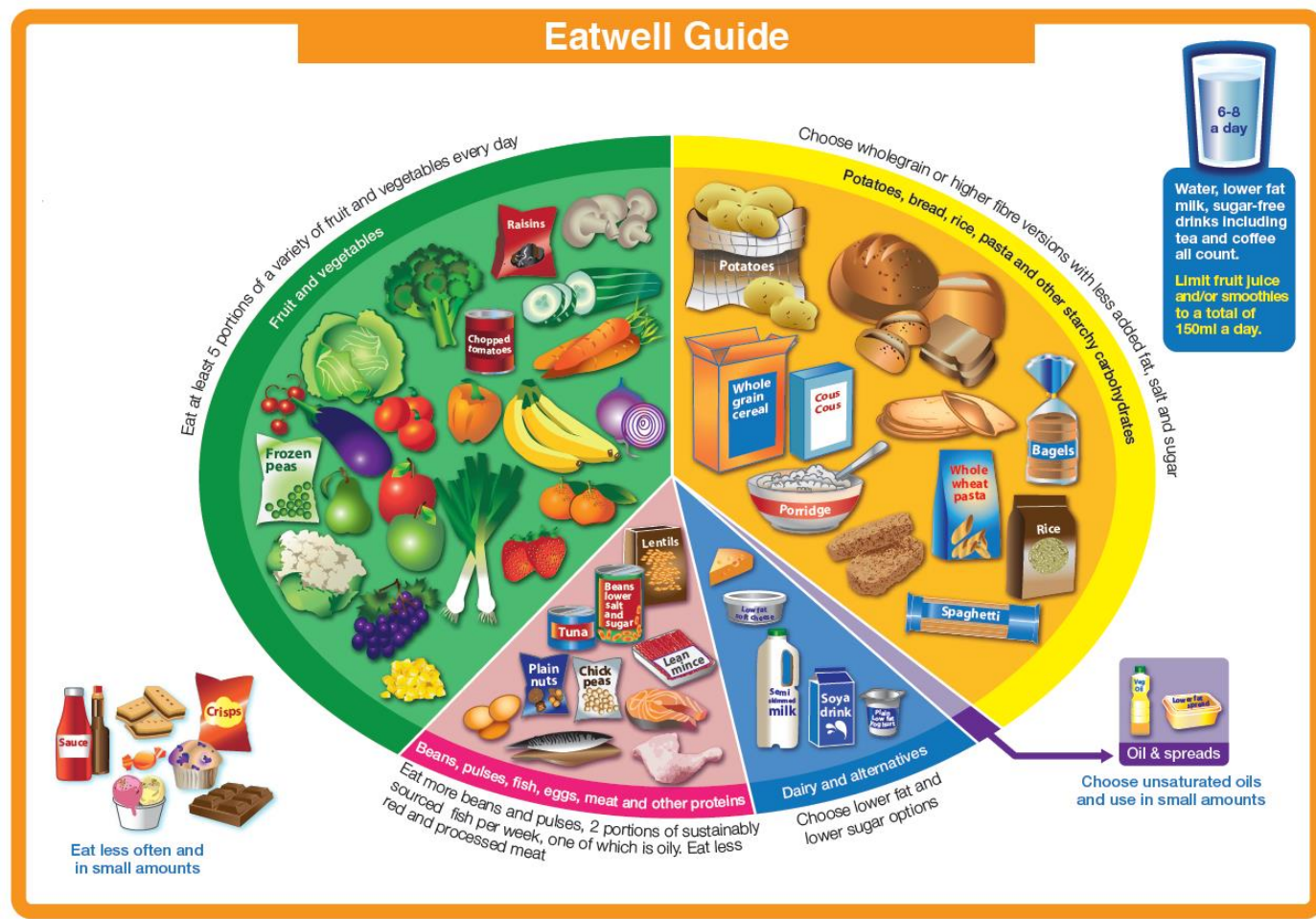




THE EATWELL GUIDE

The Eatwell Guide is a useful guide that shows us the balance of foods we should try to eat and in the right amounts for good health.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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The guide shows us lots of different foods in each coloured section. These food groups provide us with nutrients.

Yellow = carbohydrate foods that give us energy.

Green = fruit and vegetables that keep us healthy and provide vitamins, minerals and fibre.

Pink = protein foods that help us grow and build muscles.

Blue = dairy foods rich in calcium that help us build strong bones and teeth.

Purple = oils and spreads provide fat which is needed in small amounts for good health.

Recipe Detective

Using the Easy Peasy Pizza recipe sheets in this week's activities, use your detective skills to match the ingredients it contains to the sections of the Eatwell Guide below.

If you were making the pizza recipe, would you change or add to any of the toppings? Talk about different combinations and how you can make it colourful.

Think about and discuss what you might serve with your pizza to make it a balanced meal e.g. coleslaw or a salad. Look up what ingredients are needed and see which section of the Eatwell Guide they go into. Could you make the pizza for your tea?



Haiku Challenge!

A haiku is a Japanese poem that has only three short lines that do not rhyme. It is arranged in syllables (sy-lla-bles) with a pattern of 5, 7, and 5. It really makes you have to think about the words you choose!

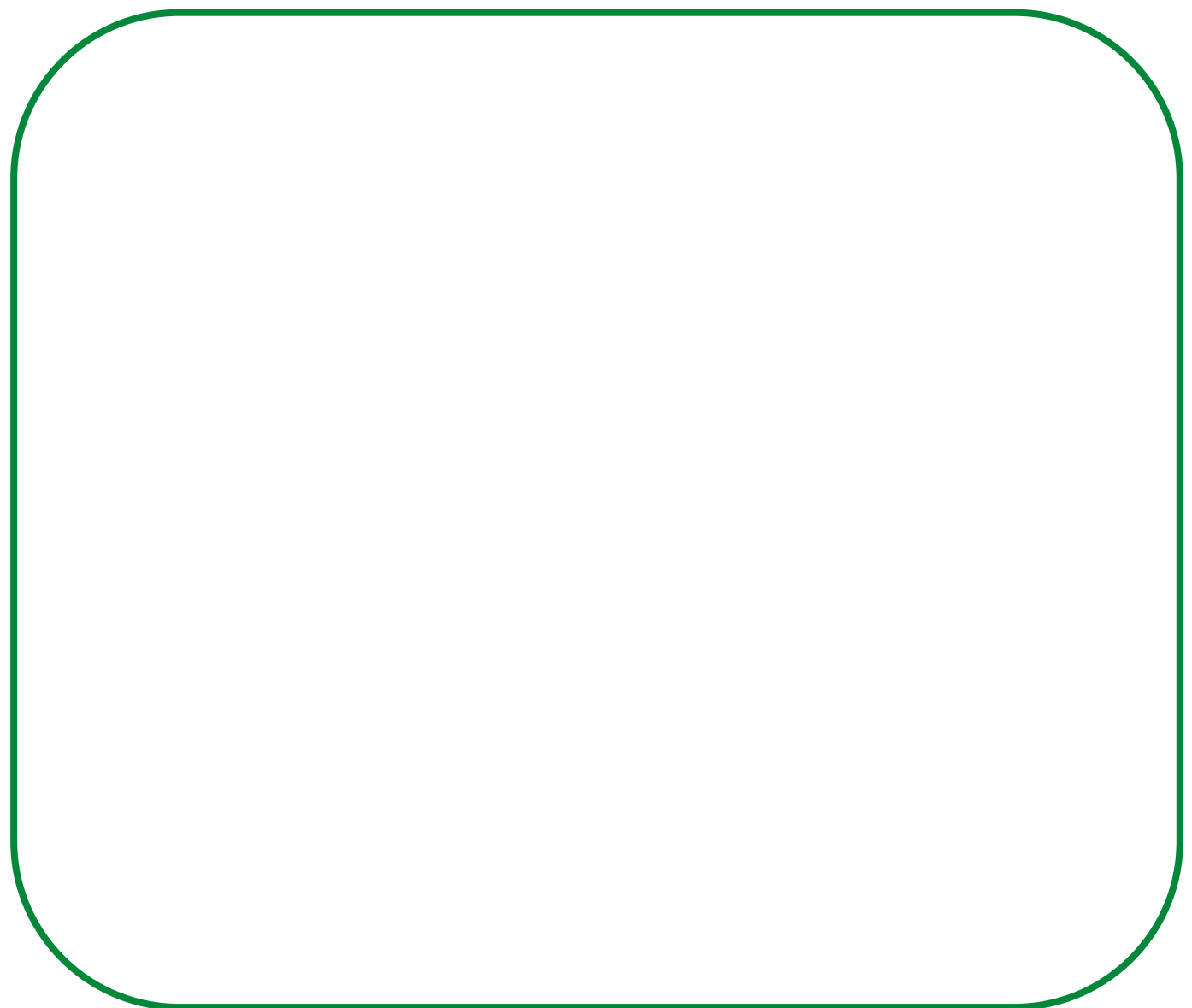
Your task is to create a haiku for each of the main food groups – **carbohydrates** (you could use ‘**carbs**’ instead!), **fruit and veg**, **protein** and **dairy**.

Think about what the food group gives our body and maybe use some examples of foods. Here’s a fruit and veg example (with words split into syllables where needed)

Five a day is great

Eat a rain-bow of col-ours

Grapes are so ta-sty!



Chat about your haiku poems with others in your household. Get them involved in creating some of their own or create some together. See if you can create some that make you laugh!



EASY PEASY PIZZA

This is the best pizza recipe for making with kids. Simple, quick, fun to make and tasty - all at the same time.

The nutrient profile of a home-made pizza is so much better than shop bought; lower in fat, salt and sugar. Pile high with vegetable toppings and enjoy.

Can be made gluten free simply by swapping the flours to their gluten free equivalents.



Skill Check (as appropriate for each Key Stage):

Follow a recipe; follow food safety & hygiene rules; use a timer to cook correctly; tidy away; mix to form a dough; knead; shape dough; use weighing scales; cut using bridge/claw knife technique safely; use a box grater safely; spread with a knife/spoon.

Equipment: Fork, bowl, spoon, weighing scales, rolling pin, baking sheet, stick blender or food processor.

Allergens*: Wheat | Milk

Ingredients (makes 4 individual 20cm pizzas):

- 140g wholemeal self-raising flour
- 140g white self-raising flour
- 200ml Greek yoghurt (0% fat)
- 200g canned tomatoes
- 1 tbsp tomato puree
- 1 pinch of oregano
- 100g mozzarella (grated)
- Toppings of your choice e.g. sliced tomatoes, mushrooms, peppers, courgettes, sweetcorn, red onion, chilli flakes

Method

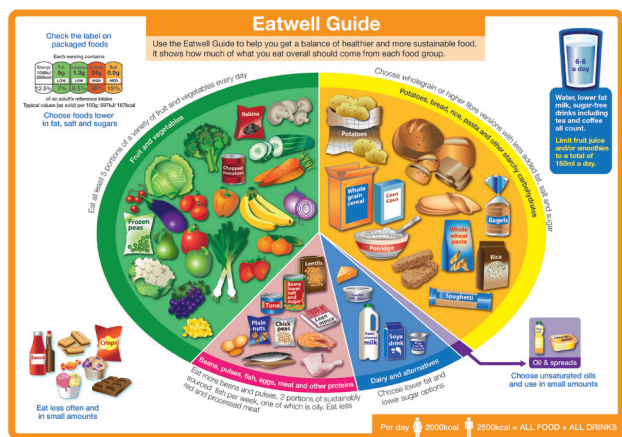
1. Put the self-raising flours in a bowl and stir in the yoghurt, first with a fork and then bring together to form a dough using your fingertips and knead.
2. Turn out the dough on a lightly floured surface and divide the dough into 4 pieces.
3. Roll out each piece into a circle about 20cm and place on a baking sheet.
4. Blitz the tomatoes in a food processor or with a stick blender, then stir in the tomato puree and oregano.
5. Spoon two dessertspoons of sauce onto the base and spread evenly.
6. Top with a little mozzarella and then your chosen topping.
7. Cook in a preheated oven at 220°C for 10-12 minutes.

**Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*



EASY PEASY PIZZA

Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Easy Peasy Pizza ...

Greek Yoghurt is an excellent source of protein and calcium and contains good amounts of vitamin A, B vitamins and the mineral zinc.

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins and minerals. Add a range of different vegetables for your pizza toppings.

Mozzarella cheese is lower in fat and salt than hard cheeses, but it should still be used sparingly to reduce fat and salt.



Energy, sugar, fat and salt per serving

Per 326g serving

ENERGY
1757kJ / 416kcal **21%**

LOW **FAT**
6.5g **9%**

LOW **SATURATES**
3.6g **18%**

LOW **SUGARS**
11.0g **12%**

MED **SALT**
1.1g **18%**

% of an adult's reference intake

Typical values per 100g : Energy 539kJ / 127kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

GET PHUNKY IN 15 MINUTES WITH THE PHUNKY15



A series of 15 minute physical activity ideas that you can do in the classroom with no equipment or apparatus. The children can even do this in their school uniforms – no need to get changed. So there really is no excuse, start now, get active, get Phunky with Phunky15.

The warm up...

Cat Stretch - In a space the children should kneel down on all fours so their hands are beneath their shoulders and knees beneath their hips. Round your spine upwards like a cat arching it's back and hold for a few seconds. Then drop your back so it makes a hollow like a cat ready to attack. Repeat 3 times.



Main activity...

Chair Aerobics - Pupils should sit on their chair with enough space around them to stretch their legs. Shout out different actions that the children should carry out whilst sitting in their chairs. Hiking – pupils swing their arms while lifting their knees and tapping their toes; Swimming – pupils move their arms as though doing front crawl and kicking their legs in a flutter kick; Cycling – pupils hold onto the seat of their chairs and pedal their legs as though riding a bike; Canoeing – pupils use an imaginary oar to paddle their canoe from side to side.

Cool down...

Big balloon - Every pupil pretends they are a balloon, which is slowly being inflated. With every breath taken, slowly stand from a squatting position, getting bigger and bigger. Slowly extend the hands and feet away from the body, until with a big bang, the balloon bursts. (Fall to the ground and lie there for a count of 10). Repeat three times.



HAPPY SPACE MEDITATION - 15 minute Mindfulness practice



WALT What Am I Learning Today?

- To notice how it feels to be happy.
- To recognise when I am not happy and to know how to move back to my happy space

WILF What I am Looking For?

- To be able to describe how I feel when I am happy.
- To identify times when I could use my happy space.

Guidance and preparation

- Children to choose their own comfortable position eg lying or sitting (in or outdoors).
- Use chime bar to signal the beginning and end of the practice

Resources

- Chime bar (any percussion instrument)

Useful for...

A calming practice to end the school day or week.

Activity (10 minutes)

1. Teacher to ask children to close their eyes (if comfortable) or lower gaze to the floor.
2. Children to take 2 deep breaths to settle.
3. Teacher to use chime bar to signal start of the practice.
4. Teacher to ask the children to think of their favourite space and to guide practice with occasional questions.
5. Imagine your favourite space: 'What can you hear?', 'What can you see?'
6. 'What feelings are around when I am in my happy space?', 'How does my body feel?'
7. Remind children that they don't need to put their hands up to answer the questions.
8. 'Take a moment to notice how you feel and to know that you can always come back to this place.'
9. Teacher to close the practice by using the chime bar.

Discussion (5 minutes)

- Can you describe where you were? What could you see and hear?
- How did you feel when you were in your happy space?
- How will you use what you have experienced in your daily lives?