



DRAIN YOUR DRINKS

Let's think about what we drink. Some drinks are better for us than others and will help keep us hydrated throughout the day. Hydration means drinking enough to keep us healthy. Water and milk are the best drinks for our bodies.



Water Explorer

Did you know you should try to drink 6 - 8 glasses of water a day?
Each glass should measure 200mls. Measure out 8 glasses into a big jug or bottle and see what this looks like.
Do you think you can drink all those glasses every day?

Use the chart below (or make your own) to record your drinking during one day this week. Challenge other people in your house to do the same.

(Name of Person)				
One				
Two				
Three				
Four				
Five				
Six				
Seven				
Eight				



Experiment with Flavour

Think of some flavours you could add to a water jug such as lemon, orange or apple slices. You could also make some flavoured ice cubes e.g. squeeze a little lemon juice into each section of an ice cube tray and top up with water.

Smoothies are a lovely way of getting a drink. Can you make the smoothie recipe below? You could experiment with different flavoured fruits.



STRAWBERRY SMOOTHIE

Why not try adding some wholegrain cereal or oats to your smoothie for some extra fibre?

This smoothie has a thick texture, so just add more milk if you prefer more liquid.



Skills Check: Follow a recipe; follow food safety & hygiene rules; cut using bridge/claw technique safely; use weighing scales; use a jug to measure liquids; tidy away.

Equipment: Knife, chopping board, spoon, weighing scales, measuring jug, blender.

Ingredients (serves 4):

- 100g porridge oats
- 450 ml low fat yoghurt
- 240 ml semi skimmed milk
- 400g hulled and washed strawberries
- 1 banana

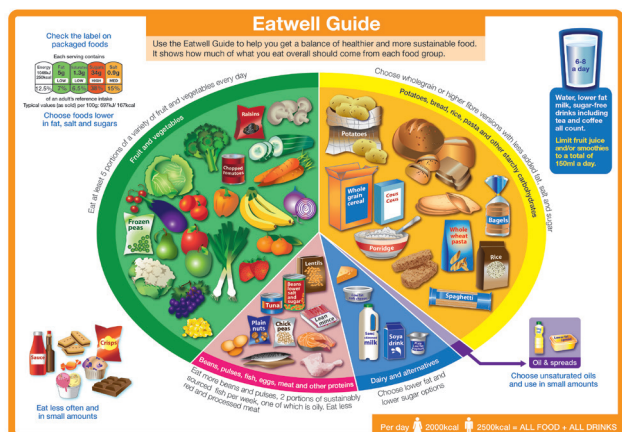
Method

1. Place the porridge oats in a blender and process until they are finely ground - this step is essential so that your smoothie has a fine texture.
2. Peel the banana and chop into small pieces.
3. Wash and remove the green tops from the strawberries.
4. Put all ingredients into a jug and blend.
5. Pour into four glasses, serve with a straw and enjoy!



STRAWBERRY SMOOTHIE

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 a strawberry smoothie ...

Oats provide starchy carbohydrate, which gives us slow-release energy, and they are also a good source of fibre.

Strawberries are an excellent source of vitamin C and some important minerals. They are low in calories, high in fibre and contain cancer-fighting compounds called bioflavonoids.

Milk and yoghurt are excellent sources of calcium, and good sources of Vitamin D for strong teeth and bones. They are also good sources of protein.



Energy, sugar, fat and salt per serving

Per 333g serving

ENERGY
1059KJ / 251kcal

1%

LOW

FAT
4.4g

6%

LOW

SATURATES
1.9g

10%

MED

SUGARS
21.7g

24%

LOW

SALT
0.3g

5%

% of an adult's reference intake

Typical values per 100g : Energy 318KJ / 75kcal

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 home with no equipment or apparatus. The children can even do this in their normal clothes – no need to get changed. So there really is no excuse, start now, get active, get Phunky with Phunky15.

The warm up...

Gym Stretches - Ask the children to stand in a space. The children should copy the actions from the parent/adult

- 1.Stretch your left arm across your body and hold for 10 seconds do the same with the right arm.
- 2.With both arms turn the round like wind mill going forward for 5 and back for 5.
- 3.Now reach forward and try and touch your toes.
- 4.Now jump up and down and shake your body all about



Main activity...

Aerobic Circuits - Set up a variety of stations around the home which will help children develop their aerobic ability such as running on the spot, star jumps, skipping with a pretend rope etc. Divide the children into the same number of groups as are stations and allocate each group to a station. They should carry out the activity at their station and after a few minutes get the groups to change. Carry on until all children have completed the task at each station.

Cool down...

Ball Roll - Ask the children to find a space on the floor and sit with their knees drawn into their chest and heels near to their bottoms. Ask the children to wrap their arms around their legs and place the palms of their hands on their shins. Inhale and lift the toes of the mat and roll back keeping their heads tucked in and their back in a C curve. Exhale and straighten the back keeping the feet off the ground and balance for 5 seconds. Return to starting pose and repeat.





MINDFUL STORY OR POEM -10 minute Mindfulness practice

WALT What Am I Learning Today?

- Developing listening skills.
- Improving attention and concentration.
- Notice mind wandering and any distractions.

WILF What I am Looking For?

- Ability to move into own personal space.
- Pay attention and listen carefully.
- Able to discuss characters' feelings and thoughts.

Guidance and preparation

- Children sit on their chairs or in own space on the carpet.
- Use chime bar to signal the beginning and end of the practice.

Resources

- Well known story or poem that the children are familiar with.
- Chime bar (any percussion instrument).

Useful for...

Quietenng/calming down at the end of the day.

Activity (6 minutes)

1. Ask children to take 2 mindful breaths and settle into their own personal space.
2. Choose a well known short story or poem (could be an extract from class story).
3. Ask children to pay particular attention to characters' thoughts and feelings to help them to be able to discuss this afterwards.
4. Teacher to read aloud to the children and children listen carefully.

Discussion (4 minutes)

- Did you notice your mind wandering?
- Did anything distract you from paying attention?
- How do you think the characters' felt?
- What could they be thinking?