



# Landulph Healthy Schools Newsletter

Christmas 2009

Welcome to the pre-Christmas newsletter. It is nearly the festive season again and the school holiday is coming up. The fun is going to begin soon, with presents and parties to look forwards to. Whilst there is no reason to feel guilty about enjoying ourselves, it's worth remembering that on average people gain about 5lbs (2kgs) over Christmas, now you know why Santa is such a jolly good fellow!!

It can be really tricky to eat healthily when surrounded by mountains of food and so we have put together a guide to help you eat, drink and be merry, without going over the top.

**Eat a merry breakfast.** If you have a tasty breakfast, you will have loads of energy throughout the day. If you don't keep fuel levels up in your body, you are highly likely to give in to tempting foods which are high in fat and sugar. Remember the benefits of eating foods which give you a much slower release of energy and keep you fuller for longer, such as porridge, shredded wheat, weetabix, wholemeal toast and fruit with yogurt.

**Christmas Day.** Do you know that people eat their way through about 6,000 calories on Christmas day? That is about three times what our bodies need. Follow these simple tips to help you eat, drink and be healthy

- For starters try melon or smoked salmon. Salmon is a great source of omega three fatty acids which are great for a healthy heart and brain.
- Turkey is low in fat and high in protein so tuck in-but try to avoid the skin or you will add lots more fat and calories.
- Roast potatoes using vegetable oil, olive oil or sunflower rather than lard and cut them into large chunks as these absorb less fat than small ones
- Fill up on vegetables which are packed with vitamins and antioxidants, which help protect us from illnesses
- When making gravy, let the fat from the turkey juices rise to the surface, then skim it off and use what is left behind.
- It's usually all the little extras that pile on the calories-try and grill your sausages and bacon, use a fruit based stuffing and make bread sauce with semi skimmed milk.
- Christmas pudding is quite low in fat and tastes great with low fat custard and crème fraiche.
- You could prepare a fresh fruit salad as an alternative, I have included one of my favourite recipes

## Snacks

With all of the tasty snacks around at Christmas, it is easy to over indulge. Just a single mince pie contains around 250 calories! Why do we bulk buy giant boxes of chocolates which are usually still around in February?

- So if you can, buy sensible amounts of treat food and keep them out of sight until they are going to be eaten.
- Satsuma's and tangerines are great sources of vitamin C, so keep a large bowl of fruit at hand.

- Why not choose reduced fat or baked crisps, plain popcorn or pretzels, or raw vegetables and low fat dips.
- Dried fruit makes a tasty snack, dates figs and apricots are a great choice.

**Be a Festive Mover**

It is really important to keep fit during the Christmas period as the cold weather and the lure of the comfortable sofa can make you feel lazy and tired. Exercise is the **BEST** way to keep warm and keep up your energy levels. It also helps to increase the blood flow to the brain which helps to release your bodies own natural "feel good" endorphins. So why not boost your family's fitness levels with presents and planned activities which keep you moving and grooving instead of ones that keep everyone glued to the television or computer screen.

**Festive Activity-Boosting ideas**

- Family walk or cycle
  - Dance, dance, dance- why not buy the latest dance video or karaoke set
  - Skipping competition, it's harder than it looks!!
  - Roller Blades or skate boards
  - Table tennis, badminton, tennis
  - Swimming, pools are usually closed on the bank holidays only
  - Space hoppers and pogo sticks
  - Basket ball
  - Any outdoor play- such as treasure hunts, hide and seek, tag.
- Any other ideas, please forwards them on and we will add them to the news letter.



**Landulph School Cookery Workshops**

Nutrition plays probably the biggest part in a child's development, and one simple way to improve our children's health is to teach them to cook and eat healthy nutritious food. Cooking workshops can provide an opportunity for parents to get involved with their children learning in a fun and interactive way, and create healthy, tasty recipes with their children. The sessions will include learning about how food grows and when it is at its' best, health and nutrition information for parents and suggestions to help the whole family get excited about food.

We are planning a series of sessions after spring half term and are looking for volunteers to support us. Please speak to Lisa or Debbie for further information, or leave your contact details with Marie.

We are also planning to create a "kids cookbook" which will contain an array of great recipes to suit all tastes, are simple, healthy and nutritious family ideas and contain some ideas for healthy lunchboxes as well as special occasions. We want the children to create their own recipe cards including their own illustrations and we are hoping that we can have an additional section for celebrity chefs and gifted and talented staff!!

**Fruit Salad Recipe**

- |              |                                   |
|--------------|-----------------------------------|
| 1 grapefruit | 6 large strawberries              |
| 2 oranges    | 2 nectarines                      |
| 2 bananas    | honeydew melon balls from ½ melon |



Wash, dry and chop fruit, put into a large bowl. Keep in the fridge covered with clear plastic wrap. Serve with half fat cream or crème fraiche or yoghurt.

**Wishing you all a very Merry Christmas and a Happy New Year.**



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