

Circus Takeaway in association with Shepway District Council presents



FUN FIT FOOD PROJECT

Stay Healthy



By eating a huge variety of foods. Being active will help keep you fit.

Think of your body as an engine

Engines need fuel, bodies need fuel (a balanced diet) to grow, repair and maintain themselves.

Eat plenty of fruit and vegetables

And less sugars, salts and saturated fats.

Drink plenty of water

Or other drinks like fresh fruit juice.



NHS
Eastern and Coastal Kent

Folkestone

Hythe & Romney Marsh
Shepway District Council



www.shepway.gov.uk



What kind of nuts always seems to have a cold?...
...Cashews!

Food Fact 1

Half of the world's population live on a staple diet of rice (a good slow energy release food)

Make sure you spot all 6 food facts



From British Heart Foundation website

Recipe Spinach and Cheddar Frittata

Preparation time: 15 minutes
Cooking time: 25-30 minutes
Serves: 2 (generous portions)

- 2 teaspoons olive oil
- 1 small onion, finely chopped
- 6 cooked baby new potatoes (total weight about 200g/7oz), sliced
- 175g (6oz) small fresh spinach leaves, finely shredded
- 4 eggs
- 1 teaspoon dried 'herbes de Provence' or dried Italian herbs (optional)
- Freshly ground black pepper, to taste
- 55g (2oz) reduced-fat mature Cheddar-type cheese, grated
- Fresh herb sprigs, to garnish

Variations: Use 2-3 shallots or 1 leek in place of onion. Add a pinch or two of freshly grated nutmeg in place of dried herbs.

1. Heat olive oil in small non-stick frying pan (about 23cm/9in diameter), add onion and cook gently for 5 minutes, stirring occasionally. Add potatoes and spinach and cook for 5 minutes, stirring occasionally.
2. Meanwhile, beat eggs in a bowl; add dried herbs, if using, and a good seasoning of black pepper; set aside.
3. Sprinkle cheese over vegetables in frying pan; pour egg mixture over cheese and vegetables, tilting pan slightly to spread egg mixture evenly.
4. Cook over a medium heat until eggs are beginning to set and frittata is golden underneath. Meanwhile, preheat grill to medium.
5. Place pan under grill; grill frittata until cheese is melted and top is golden brown. Cut frittata into wedges to serve; garnish with fresh herb sprigs. Serve with a mixed baby leaf salad and fresh crusty bread.

Food Fact 2
 An apple supplies a quarter of your day's vitamin C and counts as 1 of your 5 a day fruit target

Food Fact 3

The onion is named after a Latin word meaning large pearl

Food Fact 4

Within 2 hours of standing in daylight, milk loses between half and two-thirds of its vitamin B content



Why did the student eat his homework?...
...because The teacher told him it was a piece of cake...

Website
www.sdcentviroed.co.uk

For fun activities and links to interactive learning tools



What did the cannibal order for take-out?...
...Pizza with everyone on it!...

Fruit 'n' Veg Word Search

D P E F D R C A C Z P C E P Y M
 Z X L R C Y A P W I N F W R R U R B O L L X N C H
 I O Y S L U K Q U E D O T S F W R M N H X P Y T N Y L J
 V V A B S W E Q B E A T V A D X Y O P E V G V H
 D L L X R A N P R O N M A L E M O T G H C I O N J
 H T J C R A R R O T B N A T O M Z M T
 S E G G E B K
 S G E B K
 O P O K
 U O K
 BANANA
 GRAPE
 MELON
 PEA
 PLUM
 SWEETCORN
 BEETROOT
 LEMON
 ONION
 PEACH
 POTATO
 TOMATO
 CARROT
 LETTUCE
 ORANGE
 PEAR
 STRAWBERRY
 TURNIP

Food Fact 5

Avocados have the highest protein content of any fruit.

Food Fact 6

Honey doesn't go 'off' - some found in the Pyramids was still edible!