

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



Why is a tomato round and red?...
...Because if it was long and green it would be a cucumber!

Food Fact 1

1 Avocado = 2 portions of your 5-a-day

Make sure you spot all 6 food facts



Preparation time: 10-15 minutes
Cooking time: 8 minutes
Serves: 2

Recipe

Tuna and Tomato French Bread Pizzas

- 185g can tuna in spring water, drained
- 2-3 tablespoons reduced-calorie mayonnaise
- 2 spring onions, finely chopped
- 1/2 small red pepper, seeded and finely chopped
- 1-2 tablespoons snipped fresh chives
- Freshly ground black pepper, to taste
- 1 crusty white, wholemeal or granary baton or half baguette
- 1 vine-ripened tomato, sliced
- 40g (1.5oz) reduced-fat Cheddar-type cheese, finely grated
- Fresh herb sprigs, to garnish

1. Preheat the grill to medium. Flake the tuna into a bowl; add the mayonnaise, spring onions, red pepper, chives and black pepper. Mix together until well combined, then set aside.
2. Cut baton or baguette in half lengthways; lightly toast both sides of each baguette under the grill. Pile the tuna mixture on top of cut-side of each toasted baguette half, taking care to divide it evenly. Top with tomato slices.
3. Place on the rack in the grill pan and grill for a few minutes more, or until the tomato slices are lightly cooked and tuna mixture is warm.
4. Sprinkle some cheese over the top of each pizza. Grill again until the cheese is melted and it is lightly browned on top. Then garnish with fresh herb sprigs and serve with a mixed dark leaf salad.

5. Variations: Use canned pink or red salmon in place of tuna. For a bit of spice, add a dash or two of Tabasco or hot chilli sauce to the tuna mixture. Use crumpets or muffins or panini (cut in half), in place of a baguette.



Food Fact 3

Broccoli has as much calcium per gram as milk and is a good source of Vitamins A, B9 and C (more C per gram than oranges). It is also rich in iron and fiber.



Where do you find information about eggs?...
...In the hen-cyclopedia...

Website

www.sdenviroed.co.uk

For fun activities and links to interactive learning tools



What kind of food do maths teachers eat? ...
...Square meals! ...

Food Fact 4

You can spin a hard boiled egg...
 ...a raw one will just wobble.

Food Fact 5

It would take over 4 hours of brisk walking on a treadmill to burn off a Big Mac meal.

Exotic Fruit Word Search

One of these fruits is known by more than one name, can you spot them both?

S I L A S Y H P V Y E I F E G
 B H P W A Y K X N U A T M T T Q Y N P S K C Z A T A N G E
 J M A C A D N Q G G O Z S P E U T H E E A U N J A N G L
 G A R Y E I G A L T Q N E A Q Q
 I F B O U B J E T E V K P
 P L D A T A V K P
 T D D B A
 A Y A
 ACKEE
 DATE
 LANGSAT
 PANAPEN
 PINEAPPLE
 RAMBUTAN
 BREADFRUIT
 GUAVA
 LYCHEE
 PAPAYA
 PLANTAIN
 SAPOTE
 CARAMBOLA
 KUMQUAT
 MANGOSTEEN
 PHYSALIS
 POMEGRANATE
 TANGELO

Food Fact 6

Guava (fruit) has the highest vitamin C content per gram of any fruit, closely followed by Kiwi fruit, then Papaya, Strawberries and Orange