

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 shoes are made from banana skins? ...slippers

Quick Quiz 1

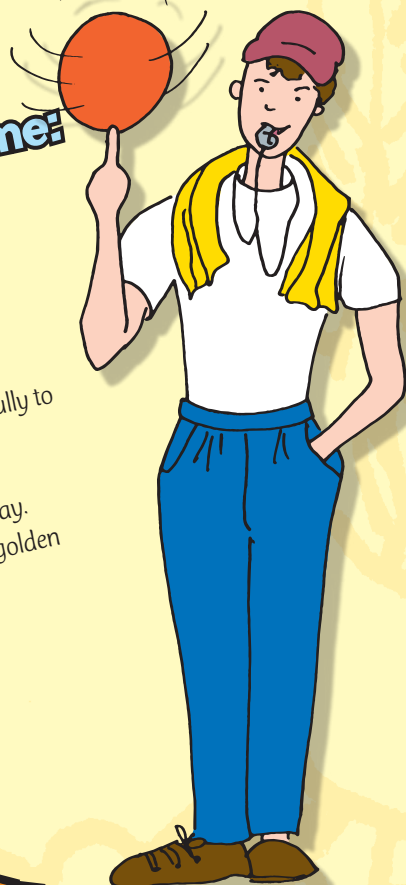
How many minutes of activity should an adult have in a day? How many minutes of activity should a child have in a day? - see bottom of page

Recipe Ginger bread people

Ingredients
200g plain flour, 75g brown sugar
50g butter or margarine, 1 tbsp golden syrup
½ tsp bicarbonate of soda, 1 tsp ground ginger
1 egg, beaten, currants to decorate

Preparation time:
40 minutes
Serves: 6

1. Preheat the oven to 180°C or gas mark 4.
2. Sieve the flour into a mixing bowl and add all the other dry ingredients.
3. Gently melt the margarine and sugar together in a saucepan, but do not let it boil.
4. Add the melted margarine, syrup and the beaten egg to the flour mixture and mix carefully to form soft dough.
5. When the dough has cooled, roll it out on a floured surface so it is 0.5cm thick.
6. Using a cutter, cut out gingerbread people shapes and place carefully on the baking tray.
7. Decorate them with currants or cherries and bake in the oven for 8-10 minutes, until golden brown. When they're cooked leave them to cool on a wire rack.



Fit Fact 1
Exercise can boost your brain!
Regular exercise produces chemicals that relax and help you think

Quick Quiz 2

Which of the following make up a balanced diet?
See the website for answers

- Try to eat less salt - no more than 6g a day
- Base your meals on starchy foods
- Only eat 3 fruit and veg a day
- Cut down on saturated fat and sugar
- Drink lots of fizzy drinks
- Ice cream should be eaten everyday
- Eat lots of fruit and veg
- Don't skip breakfast
- Eat more fish
- Drink plenty of water
- Chips with every meal
- Crisps must be in your school packed lunch

Fit Fact 2

The 2 most effective ways to keep healthy:

1. Eat a healthy balanced diet
2. Keep active.

Fun Fit Food Word Search

Which healthy fat is found in fish like Salmon, Mackerel and Sardines?

C T N E I R T U N T M M P H
K E R Y Z Q C O X B A N S Y I D I U E L S R D
J V E L T P V F X E L S E N W E R A C I S K I V G
A F C Q T V B T B I N J
R P S T A S T F N
F V I T M S G
D Q
P Q
AEROBIC
CEREAL
FIBRE
OMEGA3
SPORTS
ACTIVITY
EXERCISE
MINERALS
PROTEIN
VEGETABLES
CALCIUM
FRUIT
NUTRIENT
SLEEP
VITAMIN



When do you get a triangular football pitch...when someone takes a corner

Website

www.sdenviroed.co.uk

For fun activities, links to interactive learning tools, more food tips and answers to quiz questions

Let us know

Let us know how you and your family keep active!

Email from the website and tell us how you and your family have reduced the 'sat fat' in your diet. Visit the website for more ideas.

Fit Fact 3

On average people are eating far more saturated fat, than is recommended, this can cause serious health problems, like heart disease, cancer and type 2 diabetes.