

# Upton Junior School



**HEALTHY LIVING, HEALTHY FUTURE**

HELPING YOUR CHILD REACH THEIR FULL POTENTIAL



**One Childhood - One Chance**

[www.upton.kent.sch.uk](http://www.upton.kent.sch.uk)



## Healthy living for everyone....

Healthy living is not just about what we eat, it is about what we do. Living a healthy life ensures that your child is alert and prepared for learning when at school. Children who eat fresh healthy food and exercise regularly are more likely to perform better at school and are



less likely to have behavioural problems. Of course what is best for our children is not always what they want! But it is vital to be patient and consistent with good eating habits to

ensure your child reaches their full potential now in order to achieve in the future.



**"Kids who eat better**

**perform better at school"**

Source: Journal of School Health, 2008

# Steps towards good eating habits.....



**AVOID** take-aways or buying processed foods and high sugar snacks when shopping - they only give a short term energy boost and can result in tiredness.

**BETTER** to give foods which release energy slowly. Try swapping sugar and salt rich snacks for healthier options, such as:

- ✓ A piece of fruit
- ✓ A cup of blueberries/raspberries/grapes
- ✓ Pitta/breadsticks with hummus
- ✓ A cup of carrot/peppers/cucumber with hummus
- ✓ Some nuts or dried fruit



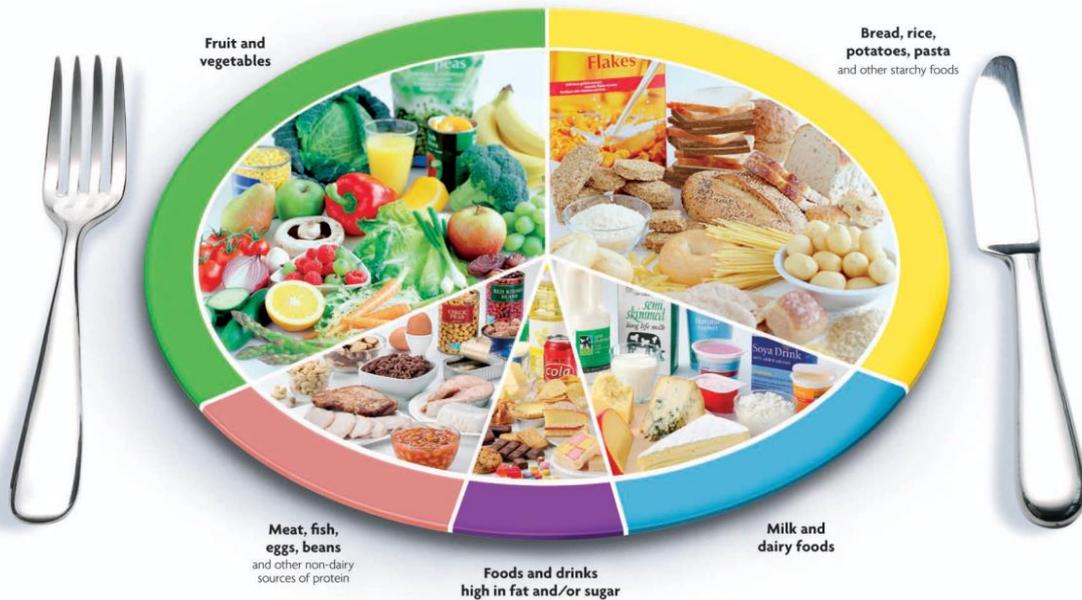
Serve small portions. If your child is still hungry, they will ask for more!

The table below shows how much exercise is needed to burn off some of the most popular snacks children eat. If too much of these types of food is eaten and too little exercise is undertaken, it is easy to see how childhood obesity can reach high levels

| JUNK FOOD                             | EXERCISE NEEDED           |
|---------------------------------------|---------------------------|
| Doughnut (230 calories)               | 59 mins of walking (3mph) |
| Burger King <i>whopper</i> (770 cals) | 94 mins of swimming       |
| Large fries (540 cals)                | 77 mins of cycling        |
| Vanilla ice cream (270 cals)          | 29 mins of running        |
| Large cheese pizza (320 cals)         | 39 mins of swimming       |

# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Department of Health in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

[www.foodfactoflife.org.uk](http://www.foodfactoflife.org.uk)

## Eight tips for healthy eating



Eat lots of fruit and



Don't get thirsty



Eat more fish



Cut down on saturated fat and sugar



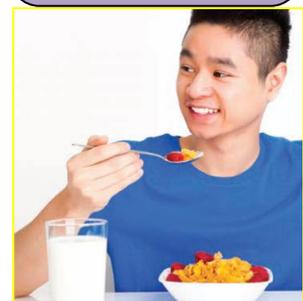
Base your meals on starchy foods



Eat less salt



Get active and be a healthy weight



Don't skip breakfast



# Activ8 your family.....

## 8 ways to get your family moving!

Instead of watching TV, why not try one of these.....

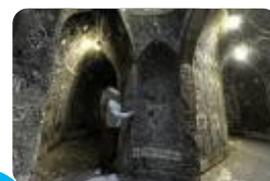
1. Cliff top walks and bike rides -enjoy the stunning views or follow the Viking Coastal Trail.
2. Picnic in the parks.
3. Play and swim on one of the beautiful beaches.
4. Follow the Town Trails and learn about the history of Thanet.
5. Join up to Sport4NRG/Sport4life for FREE sports activities for both children and adults.
6. Take the Turner and Dickens Walk between Broadstairs and Margate or try one of the many public footpaths across the isle.



7. Play games in the park and use the various climbing frames or the natural landscape with skateboards and bikes.

8. Visit the many local museums and places of interest e.g. The Shell Grotto, Dickens House, The Turner Centre (free), St.Peters Village Tour (donation), Drapers Mill (free), The Spitfire and Hurricane Museum (free), Ramsgate Maritime

Museum



For more information on ways to lead a healthy lifestyle and be active in Thanet take a look at.....

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

[www.visitthanet.co.uk](http://www.visitthanet.co.uk)

[www.walkinginkent.co.uk](http://www.walkinginkent.co.uk)

[www.townteasers.co.uk](http://www.townteasers.co.uk)

[www.thanetcoast.org](http://www.thanetcoast.org)