

Here's an idea for a homemade tuck shop snack.

OPEN

Make your own healthy tuck shop at home!

Name your tuck shop and design a sign.

Create a menu with 10 healthy food or drink items that include different colours of the rainbow. Make a price list.

Think about other healthy snacks you can offer as well as fruits and vegetables, such as nuts, seeds, oats.

Put your snacks together and give them each a name (ask for help if you need it with chopping, peeling or cutting).

What benefits do these healthy snacks give you?

Banana cookies

Ingredients

- 3 ripe bananas
- 180g chopped dried fruit (dates, apricots or raisins)
- 160g oats
- 80ml sunflower or veg oil
- 1 tsp vanilla extract



Method

Preheat the oven to 180C / 350F. Mash the bananas in a mixing bowl, then add the dates, oats, dried fruit, oil and vanilla and mix well. Put teaspoons of the mixture onto a baking tray lined with greaseproof paper and flatten with the back of a spoon. Bake for 15-20 minutes. Let them cool then enjoy!

Why is hydration important?

We all know that drinking enough water is important – but why? Find out here...

- ◆ Hydration is important because the body is made up of around 65% fluid. In addition to fluid we get from drinks, food contains water and can help to top up our fluids – particularly fruits and vegetables.
- ◆ All of your body's cells, tissues and organs need to be hydrated to work efficiently.
- ◆ Being well hydrated can boost our mood, energy levels and concentration.
- ◆ It also keeps our skin healthy and helps joints recover from injury, whilst helping to protect us from disease.

FACT SHEET

1

How I eat

Choose water, sugar free drinks and milk.

Drink at regular intervals throughout the day, especially when the weather is warm.

Have a drink every morning when you get up. Remember, fruit juices are high in sugar and acidity, so it is recommended to limit these to 150ml per day.

Top tips for...
Good hydration

Eat a rainbow every day as fruits and vegetables contain water too.

If you feel hungry, have some water first. We can easily confuse thirst with hunger.

Use your wellbeing journal to record your daily water intake.

When you are going out and about, take a bottle of water along with you. Jazz up your water by adding ingredients such as sliced fruit.

Invent your own...

smoothie!

- ◆ **Find some ingredients** to make your own healthy smoothie (you can sell this in your tuck shop at home!)
- ◆ **Which fruits and vegetables** will you use to make your smoothie?
- ◆ **Is there anything else you could add?** (Yoghurt, oats, peanut butter)
- ◆ **What is the main colour** of your smoothie and what vitamins are included?
- ◆ **Give your smoothie a cool name** if shops were going to sell it!

Here's a recipe to get you started. Can you include different ingredients tomorrow?

Ingredients

- 200ml milk
- 1 heaped tbsp oats
- Half a banana
- 1 kiwi
- Handful of spinach
- A little honey (optional)



Why is it important to eat a rainbow?

Eating a variety of colours of fruit and vegetables is important to ensure your body has the right mix of vital nutrients to remain healthy. How many colours will you consume today?

RED



Contain antioxidants such as lycopene which can help maintain a healthy heart and cholesterol level.

E.g: red peppers, tomatoes, cherries, red apples, pomegranate.

ORANGE



High in carotenoids which help your body make vitamin A. This helps to make our hormones and keep our eyes healthy.

E.g: carrot, sweet potato, pumpkin, butternut squash, oranges, mangoes, cantaloupe melon.

GREEN



High in antioxidants, fibre and minerals such as magnesium which is important for the health of your bones and muscles.

E.g: green apples, courgette, broccoli, spinach, kale, avocado, cabbage, leeks, kiwi.



YELLOW



Also contain carotenoids and help to make vitamin A.

E.g: yellow peppers, lemons, papaya, honeydew melon, peaches, banana.

WHITE/BEIGE



Contain a range of minerals such as potassium which is important for the heart and muscles, vitamin C and also fibre.

E.g: mushroom, onion, garlic, white peaches, turnip, celeriac.

BLUE/PURPLE



Contain antioxidants which help protect cells and nitrates which can help maintain a healthy blood pressure.

E.g: aubergine, blackberries, blueberries, purple grapes, red cabbage.