



NUTRITION & HEALTHY EATING

South Leicestershire School Sports Partnership Newsletter

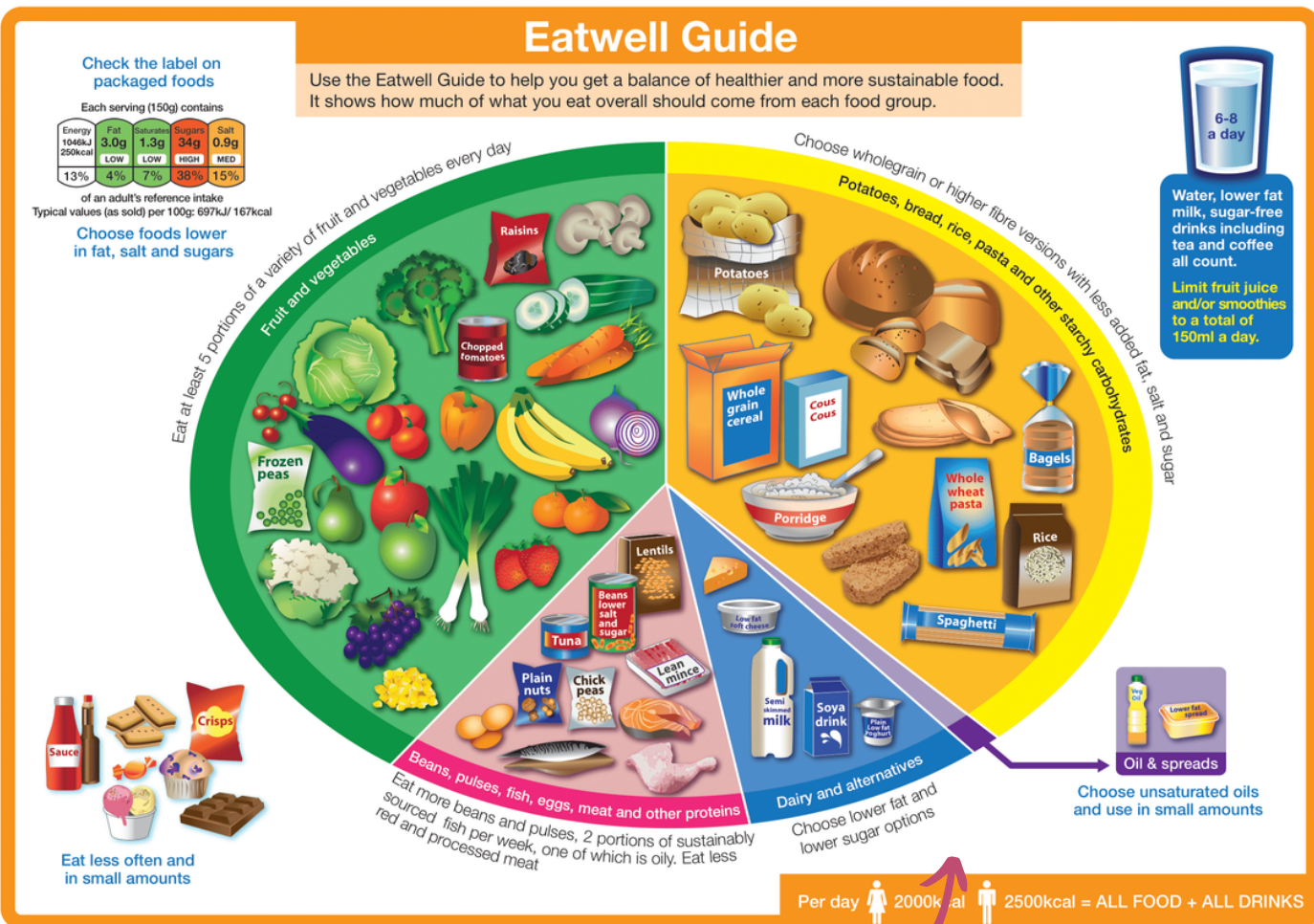


WHY IS HEALTHY EATING IMPORTANT?

Eating a healthy, balanced diet is essential to maintaining good health and helping you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight (NHS, 2019).

The **NHS Eatwell Guide** is based on the 5 food groups and shows how much of what you eat should come from each food group. More details are below.

- Eat at least 5 portions of a variety of fruit and vegetables every day.
- Base meals on higher fibre, starchy foods like potatoes, bread, rice or pasta.
- Include some dairy or dairy alternatives, such as soya or almonds.
- Introduce beans, pulses, fish, eggs, meat or meat free protein such as Quorn.
- Choose unsaturated oils and spreads and eat them in small amounts.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 201

Ref: NHS

Click to find out more!

STAY HYDRATED

Children aged 4 to 13 should aim to drink approximately 6–8 glasses of water every day. Water helps keep joints healthy, its great for teeth and helps circulate blood. Water helps the mind too, staying hydrated helps with concentration and focus.



ENCOURAGING HEALTHY EATING HABITS

- **Be a role model** Children tend to imitate, if they see you eating a wide range of healthy foods, they are more likely to try a variety of foods. Eating as a family also helps to encourage healthy habits.
- **Healthy snacks** Have healthy snacks available between meals, such as fruit, vegetable sticks or rice cakes. Change4Life have lots of healthy snack ideas, click [here](#) to find out more!
- **Get children involved** Research has shown that allowing children to get involved with food preparation and cooking encourages them to eat a wider variety of healthy meals. Change4Life have a host of Healthy and delicious meals to make together, click [here](#) to check out the recipes!

- 
- **National Carers week**
6-12th June
 - **Bike Week** 8-15th June
 - **Healthy Eating Week (British Nutrition Foundation)** 12-16th June

Key May dates



change
4life

For more information on how you can make a breakfast swap, a lunchbox swap or a snack swap, click [here](#)!



British
Nutrition
Foundation

The British Nutrition Foundation Healthy Eating Week 2023 takes place from the 12-16th June. Click [here](#) to find out more and download useful resources

LET'S GET SOCIAL!



@ls1ssp



@learningsouthleicestershiressp



@southleicestershiressp