

LED Healthy families!

Be active,
eat healthily,
less screen
time, get
more sleep!



**Nutrition, activities
and wellbeing!**

Helpful hints to keep your family
active and eating healthily!



www.ledleisure.co.uk

led

Do you spend time as a family being active together?

This could be a trip to the park, in the garden, a walk to the shops or maybe a more structured activity like a game of tennis, being active together can be fun! If you build activity into your daily routine it can make a huge difference to leading a healthy lifestyle. Try going for a walk or bike ride instead of watching TV or screentime.

Health and wellbeing

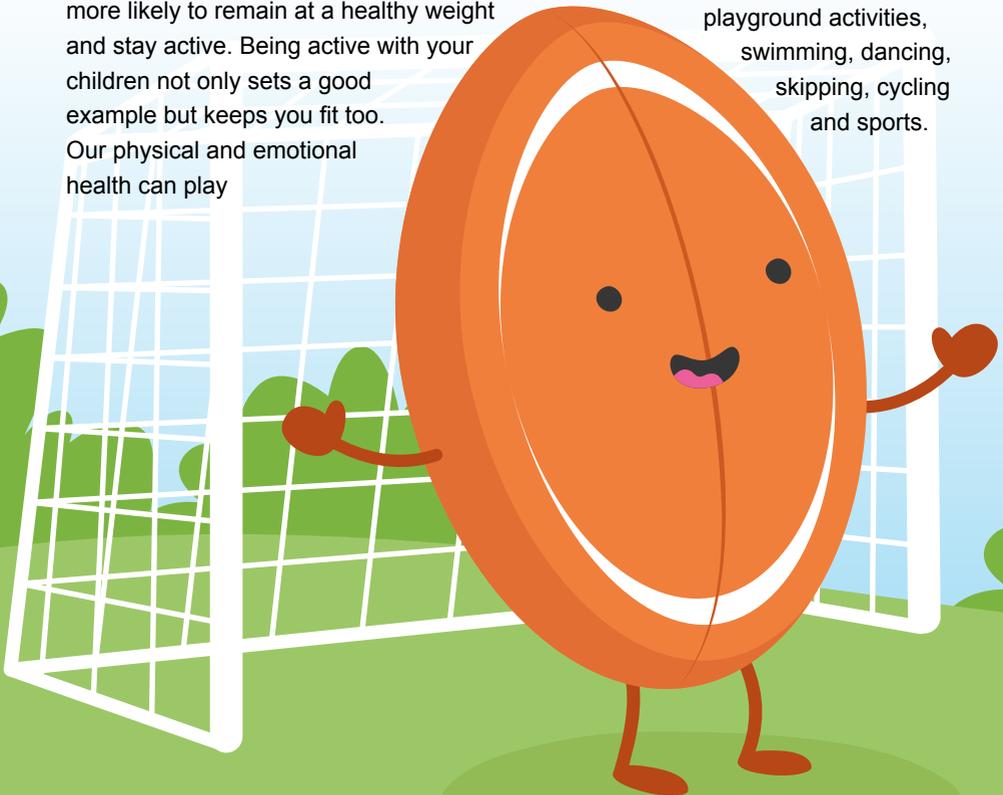
If adults encourage their children to be active and eat well then children are more likely to remain at a healthy weight and stay active. Being active with your children not only sets a good example but keeps you fit too. Our physical and emotional health can play

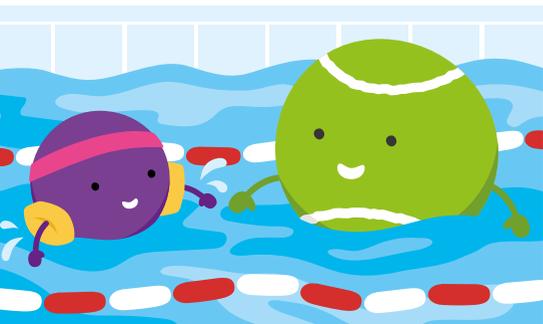
an important part of living a fulfilled life. If a child is physically active, they are generally healthier have stronger bones and muscles and have a higher level of self esteem. If adults are active and eating healthy you are more likely to avoid the risk of heart disease and strokes and generally feel good.

Being active helps improve your mental health

Activity ideas and challenges!

Children should have at least 60 mins of moderate activity a day for 6-18 year olds this includes, walking, playground activities, swimming, dancing, skipping, cycling and sports.





Activity should include a good variety to develop movement skills, muscles and bones. When starting a new exercise you should start off slow then increase gradually. **Adults need at least 150mins of moderate exercise a week**, this can be spread to a little every day or 75 mins of vigorous intensity activity. Walking or cycling to school is an easy and quick fix to reaching your activity a day.

Why not try out one of the activities listed on this page and upload a picture of your family getting active together on our Facebook page **Outreach LED** and be in with a chance of winning a free pass or prize once a month. New challenges will also appear on the page regularly...so get involved!

Adults, maybe you can use the list below to challenge the children and then children can challenge the adults! There are more activity ideas on the NHS page www.nhs.uk/conditions/nhs-fitness-studio/

Types of activities

Start with anything like a game of tag or throw and catch everything can be timed and become more of a challenge! The trick is to keep it simple but fun, have you tried....

- Balloon tennis
- Dodgeball
- Mirror movements
- Back to back squats ...sit to stand
- Hedgehog rocks
- Paper aeroplanes
- Hopscotch
- Hide and seek
- Jump the rope or hula hoop
- Dance party – add a disco ball!
- Bean bag throwing
- Jumping jacks
- Fitness bingo – make up your own activities then role the dice!



Healthy Eating

A healthy balance diet is eating in the right proportions, eating a variety of foods and don't forget to drink as well! Foods such as fizzy drinks, crisps and chocolate should be eaten less often or used as a treat. Try cooking together, children are more likely to try something new and you'll get a good meal too! Children need

regular meals and snacks to give them the energy and nutrients they need to grow and helps their immune system.

Vitamins and minerals are important for fighting off illnesses

What does a balanced diet mean?

Fruit and vegetables provide lots of vitamins and minerals which are important for fighting off illnesses; they also contain fibre which helps to maintain regular bowel movements and prevent constipation. Fruit and vegetables can also help to keep our skin supple and prevent spots.

Cereals, potatoes, rice and pasta

These are all carbohydrate foods which give children slow release energy. Try and choose the low sugar varieties of breakfast cereals such as Weetabix, Shredded Wheat, Ready Brek or Shreddies® and add dried fruit rather than sugar.

Continued on page 7



Creamy Pasta

Cooking time:
20 mins



Method

- 1 Weigh out the pasta and cook according to the packet instructions.
- 2 Wash the vegetables and chop any hard ends off the broccoli and slice any large pieces in half.
- 3 Add the oil to a frying pan and fry the broccoli until starting to soften but still with bite, about 5 minutes. Then add the sugar snap peas and spinach. Allow to wilt down.
- 4 Add the garlic to the frying pan and cook for a few minutes.
- 5 Remove from the heat. Add the crème fraîche into the pan with the squeeze of lemon juice. If preparing for babies under 1 remove a portion of the sauce now. Then season with salt and pepper.
- 6 Drain the pasta and keep 2 tablespoons of the cooking water. Add the pasta and the water to the frying pan with the vegetables and mix well until the pasta is coated.
- 7 Top with the grated cheese and serve.



Serves 4

Equipment

Saucepan, frying pan, grater

Ingredients

1 tablespoon oil
350g pasta, or about 5 mugs
½ bag **spinach** or 3 blocks frozen
4 **tablespoons** crème fraîche or dairy-free equivalent
½ **lemon**, squeezed or
2 **teaspoons** **lemon juice**
3 **cloves** **garlic**, finely chopped
75g **sugar snap peas**, sliced
100g **cheese**, grated
1 **pack** **tenderstem broccoli**
Pinch salt and pepper



Fruity Pancakes

Cooking time:
20 mins



Method

- 1 Mash the banana in a mixing bowl, stir in a pinch of salt.
- 2 Add the flour and mix thoroughly.
- 3 Make a well in the centre and gradually whisk in the milk. The batter should be a thick consistency that falls off the spoon/whisk.
- 4 Heat a little oil in a frying pan over a medium heat. Add 2 tablespoons of batter to make thick pancakes. You may be able to add a few at a time depending on the size of your frying pan.
- 5 Fry on each side for 2-3 minutes until golden.
- 6 To serve, top with yoghurt and your favourite fruits – we love them with summer fruits such as blueberries, strawberries and raspberries.



Serves 4

Ingredients

2 large ripe bananas
2 tablespoons oil
(1 tablespoon = 3 teaspoons approx.)
240g self-raising flour,
or about 1¼ mugs
300ml dairy/dairy free milk,
or about 1 large mug
Pinch of salt

To serve

Yogurt or dairy free yoghurt
Extra fruit – blueberries and sliced banana

Equipment

Mixing bowl and spoon
Whisk (or fork)
Jug
Frying pan
Spatula

60 mins
of moderate
activity per
day helps
keep children
healthy





Continued from page 4

Try and include a variety of different **protein containing foods** such as lean meats, fish, baked beans, eggs, pulses, peas and lentils. Children should aim to have protein at least twice a day.

Milk and dairy foods. These are all calcium containing foods and are important in a child's diet to support bone and teeth development.

Foods containing fat and sugar. Fat is an important part of a child's diet to enable growth and development. Children should ideally be offered healthy fats such as those from vegetable sources e.g. sunflower oil, rapeseed oils and spreads, and not large quantities of fats from pastries, crisps and manufactured products

Drinks: The ideal drinks which should be offered to children are water and milk.

Example of a day's menu

Breakfast:

Breakfast cereal with milk, glass fruit juice or 2 slices toast with spread

Mid-morning snack:

Portion fruit / chopped fruit salad

Lunch:

Wholemeal bread sandwich with ham and salad, yoghurt and fruit.

Mid-afternoon snack:

Piece of malt loaf or crumpet

Evening meal:

Family meal e.g. Spaghetti Bolognese or roast dinner, with sugar free jelly or low sugar custard and fruit.

Bedtime snack:

Plain biscuit and glass of milk or water

Useful links

www.dcfp.org.uk/training-and-resources/induction/

www.gov.uk/government/publications/every-child-matters

www.headsupmha.com

www.ledleisure.co.uk

www.nhs.uk/change4life

www.nhs.uk/live-well/eat-well

www.nhs.uk/healthier-families

www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/#tips

www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/#recipes



Top tips for children... and yourselves!

- Avoid feeding children oversized portions.
- Have set mealtimes and eat slowly.
- Don't snack in place of meals.
- Get moving with 10 minute wake up and shake up games.
- Moderate exercise raises your heart rate, the more vigorous the activity the harder you breath.



Remember...

- Get active • Eat healthy
- Less screen time • More sleep!
- Make healthy food swaps



www.ledleisure.co.uk

led