Healthy Living Tips

The Basics
It’s important for kids to be physically active. Why?
Regular physical activity can:
• Promote healthy growth and development
• Build strong bones and muscles
• Improve balance and develop coordination skills
• Maintain and develop flexibility
• Help achieve and maintain a healthy weight
• Improve fitness
• Help relaxation
• Improve posture
• Provide opportunities to make friends
• Improve self-esteem
• Improve concentration at school.

Quick Tip! Growing kids need to be active for at least 60 minutes every day and spend no more than 2 hours a day surfing the net, watching TV or playing computer games. Remember, this hour of activity is over the whole day.

From Heart Foundation Practical ideas for parents and carers.

Try these for healthy lunches and snacks:
• Jacket Potatoes - any combination of fresh vegetables, creamed corn, ham, pineapple, mixed herbs, baked beans, chilli con carne, coleslaw and reduced fat cheese.
• Fish Box - fresh fish with salad box
• Sliced Potato Pizza - pizza mix on top of potato
• Dip & Veg - tablespoon light cream cheese with celery and carrot sticks

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School Canteen Association

Do you have a recipe to share? Send in your healthy recipes or tips and you could be famous in our newsletter!
Win the ‘Happy Capsicum Award!’ Our first winner is Mr Jim who has given us this delicious and very appropriate recipe:

Stuffed Capsicums

Ingredients
• 2 large capsicums, cut in half and seeds removed
• Olive Oil spray (or Rice Bran Oil spray)
• 200g ricotta cheese
• 2 tomatoes, diced
• 1 onion, chopped
• 1 garlic clove, or 1 tspn crushed garlic
• Handful of fresh basil leaves or 2 tspn dried basil

Method
1. Preheat oven to 180°C.
2. Spray the capsicums with oil, then place on a baking tray.
3. Stir together ricotta cheese, tomatoes, onion, garlic and half the basil.
4. Spoon mixture into the capsicum halves.
5. Spray with oil and bake for 30 minutes.
6. Top with remaining basil.

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Our current skill for life is

Respect