



Tracking Progress and

Achievements.

Keep Going

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
April 1							
April 8							
April 15							
April 22							
April 29							
May 6							
May 13							
May 20							

Keep track of your continued progress by ticking each day of the term you have completed some exercise with your child and included a piece of fruit and vegetable and used one of the budget meal suggestions from the booklet.

One tick for each of the achievements. This means you can earn three ticks a day.

Please keep your book as we will be asking you to return them at the end of term so we are able to review everyone's progress.

Thank you for taking part and being a great sport and of course for supporting your child's health and fitness.



Bramble's
Get
Active
At
Home

A booklet for pupil's and parents to get active at home together.



BA Puddings

Popular budget puddings.

Yogurts

Flap Jacks

Apple/Fruit Crumble

Muffins

A piece of fruit/ fruit salad

Jelly

Custard

Rice Pudding

Honey Dew Melon



Activities

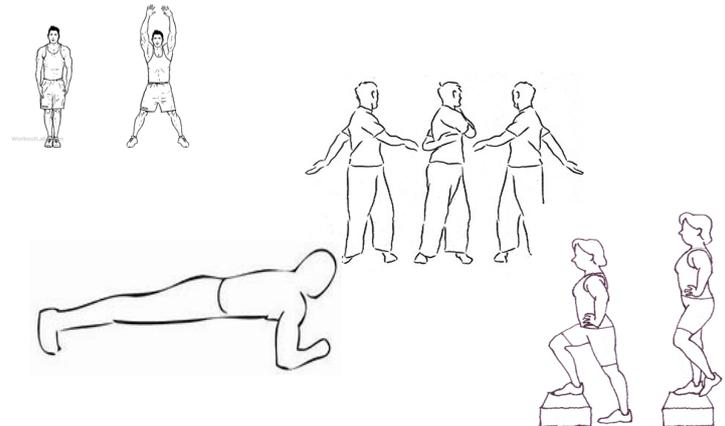
Activities for pupil's and parents
to get fit while having fun!



- 1: Star Jumps 30 seconds.
- 2: Step ups 30 seconds.
- 3: Waist swing 30 seconds.
- 4: The Plank 30 seconds.
5. Run on the spot 30 seconds.

Take a 15 second break in between each exercise.
Once all 5 exercises are complete. Take a 1 minute
break and start again, do 3 sets. Try to compete with
one another.

Make it FUN...





Your child's school lunchbox



What and how much to include for little ones (5-10 years)

Drinks: • Ideal options include water or milk (100-175ml).

Dairy (include a lunchtime portion every day):

- Yogurt/fromage frais, child-sized pots vary from 50-100g.
- Hard cheese like cheddar, approximately 15g-20g.
- Soft cheese, approximately 20-25g. • Glass of milk, approximately 150-175ml.

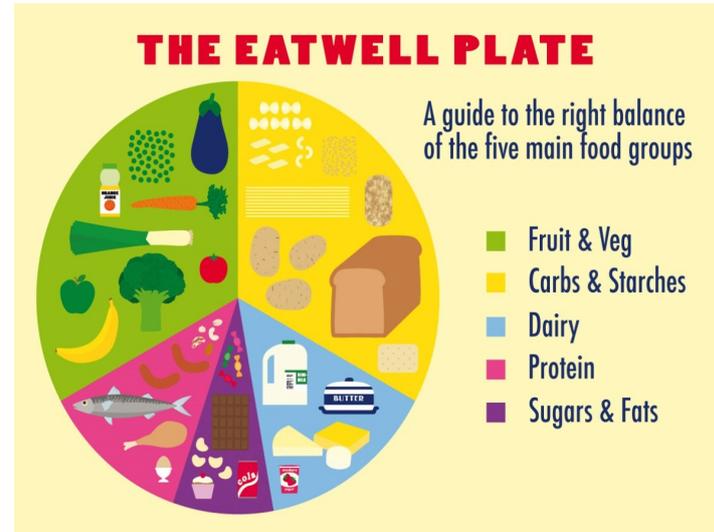
Calcium: • Calcium is essential for bone-building. Good sources are milk, cheese, yogurt and fromage frais, as well as green leafy veg and canned fish (with bones), like salmon and sardines.

Protein (include a lunchtime portion in addition to dairy every day): • Protein is important for helping your child to grow. It will also keep them feeling fuller for longer. Good choices include skinless chicken and other lean meats, oily fish, eggs, as well as beans and pulses such as kidney beans, lentils and chickpeas for vegetarians. Give your child the amount they can fit in the palm of their hand.

Fruit Vegetables: • At lunch include at least one portion of fruit and one of veg or salad. A portion is the amount your child can fit in the palm of their hand – typically one small apple or banana, 4-6 carrot sticks or 3-4 cherry tomatoes. Fresh, frozen, dried, canned or you can use a juice – they all count. But remember, to reduce the risk of tooth decay, juice and dried fruit is best eaten as part of a meal and not as a between-meal snack. Limit juice and smoothies to a combined total of 150ml per day and avoid drinks which say "juice drink" on the label because these are unlikely to contribute to your child's five-a-day.

Starchy carbs: • Such as bread, noodles, pasta, rice or potatoes. These are important for energy and should make up a third of their lunchbox – opt for wholegrain versions or, for sandwiches, try one of the high-fibre 'white' breads.

Eatwell Guide



Use this guide to improve your balanced nutritional intake.

BA Recipe for Budget Meals



Five a Day



Fish Fingers and Mushy Peas

Ingredients

- 600g sustainable firm, skinless white fish, like pollock or hake
- 50g plain flour, seasoned
- knob of butter
- zest 1 lemon, then cut into wedges
- small handful mint, finely shredded
- new potatoes, to serve (optional)
- 400g frozen pea
- 2 tsp vegetable oil
- 200g fine fresh breadcrumb
- 1 large egg, lightly whisked



Method

1. Slice the fish into 12 fingers, each about 3cm thick. Put the seasoned flour, egg and breadcrumbs into 3 separate shallow bowls. Dust the fish pieces first in the flour, then coat well in the egg, and cover completely in the breadcrumbs. Put on a plate and chill for 15 mins.
2. Heat the oil in a large frying pan. Add the fish fingers and fry for 8 mins, turning occasionally, until golden and cooked through. Meanwhile, add the peas to a small pan of boiling water. Cook for 4 mins until really tender. Drain, tip into a bowl with the butter, zest and mint, and roughly mash with a potato masher. Season to taste and keep warm.
3. Serve the golden fish fingers with a generous spoonful of mushy peas, lemon wedges and new potatoes, if you like.

For more healthy meals, visit: <https://www.bbcgoodfood.com/recipes/2411638/fish-fingers-and-mushy-peas>

Fruit Eat at least one a day.

- Apples, Oranges, Strawberries,
- Bananas, Pears, Blueberries, Raspberries,
- Nectarines, Watermelon, Pineapples, Lemons,
- Kiwi.

Vegetables Eat at least one a day.

- Broccoli, Cauliflower, Potatoes, Carrots, Peas,
- Tomatoes, Sweetcorn, Lettuce, beetroot, onion
- Celery, Cabbage, Spinach, Swede, Turnip.





Budget Family Meals

- Spaghetti Bolognaise
- Chicken and Vegetable Dinner.
- Chicken and Rice.
- Fish fingers and potatoes with peas
- Tomato and Basil Pasta.
- Cottage Pie/Shepherds Pie
- Meatballs and Spaghetti
- Cauliflower Cheese and Sausage
- Stew and Dumplings
- Turkey burgers
- Jacket potato with Beans/ Cheese
- Tuna/Pasta bake

Easy Budget Breakfast

The most important meal of the day.



- Quaker Oats with a drizzle of honey
- Shredded Wheat
- Toast with jam/marmite/marmalade
- Scrambled egg on toast
- Weetabix

