

# eat well, move more

Welcome to the Summer Eat Well Move More (EWMM) newsletter. The Eat Well Move More Newsletter is jam packed with lots of exciting information, top tips and ideas for you and your family to enjoy.

## Piri-piri pomegranate popcorn

Ingredients:

- ✓ 2 tsp vegetable oil
- ✓ 160g popping corn
- ✓ 1 tsp piri-piri seasoning
- ✓ Freshly ground black pepper
- ✓ 100g ready-prepared fresh pomegranate seeds



1. Heat the vegetable oil in a large saucepan with a tight-fitting lid. Add the popping corn, put the lid on, and shake the pan to coat the kernels in the oil.
2. Put the pan over a medium-high heat. The kernels will begin to pop — when they do, carefully shake the pan occasionally.
3. When the popping subsides, remove from the heat. Cool for 10 minutes, add the piri-piri seasoning and pomegranate seeds and black pepper, stirring them through. Share between 4 small bowls and serve.

## What's new...

There have been some changes over the past few months with Joe Watts, a new health trainer coming on board, and Liz Knowles taking maternity leave so Laura Hart is co-ordinating the programme in the interim.

The summer term is coming to an end and the school programmes have finished on a high at Smith's Wood Primary Academy, Yorkwood Primary and St Anne's.

The EWMM team are busy preparing for a **new 7-11 years group programme** starting in Hobbs Moat in September. We will be working with families with children aged 4-16 years on a one-to-one basis over the summer, and getting ready to deliver in the schools in the autumn term with an extended programme to include key stages 1-4.

## 10 minute summer shake up is back!

Last year over 700,000 children enjoyed being involved in the 10 Minute Shake Up, so it's back again for the summer. Every week there'll be a new Finding Dory inspired Shake Up and secret character move for your kids to discover.



## Sign up to the sugar smart app:

We're all having too much sugar. Our kids might seem fine on the outside, but too much sugar can lead to the build-up of harmful fat on the inside that we can't see. Visit [www.change4life.co.uk](http://www.change4life.co.uk).



## Make a healthy lunchbox

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Create an amazing healthy lunchbox.



### Lunchbox checklist

- ☐ a good portion of starchy food, e.g. thick wholemeal bread, chapatti, pasta or rice salad
- ☐ plenty of fruit and vegetables
- ☐ a portion of milk or dairy food, e.g. individual cheese portion or pot of yogurt
- ☐ a portion of lean meat, fish or alternative, e.g. ham, chicken, beef, tuna, egg, hummus or bean/lentil salad
- ☐ a drink

Why did you choose these foods and drink?

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## Healthier savoury snack ideas

Instead of crisps or salted nuts, which can all be high in salt and fat, try:

- ✓ Baked crisps
- ✓ Small handful of unsalted nuts
- ✓ Pumpkin and sunflower seeds
- ✓ Pitta and lower fat dips like salsa
- ✓ Rice cakes with lower fat cream cheese and cucumber
- ✓ Celery sticks filled with lower fat cream cheese
- ✓ Homemade popcorn (without sugar or salt)
- ✓ Unsalted ricecakes or oatcakes



Well done to the students at Smith's Wood Primary Academy for completing the programme!

A great final fruit and vegetable treasure hunt took place at St Anne's Catholic Primary School



## Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugar	Salt
1040kJ 250kcal	3.0g	1.3g	34g	0.9g
LOW	LOW	HIGH	HIGH	MED
13%	4%	7%	36%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ / 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



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

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To contact the EWMM team visit

[www.solihullactive.co.uk](http://www.solihullactive.co.uk) or call 0121 704 8207.

For more information on sport and activity opportunities in Solihull visit [www.solihullactive.co.uk](http://www.solihullactive.co.uk)

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS