

INSIDE THIS ISSUE

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Your food choices each day affect your health – how you feel today, tomorrow, and in the future. On page 2 you will learn more about the importance of good nutrition.

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Healthy food doesn't mean boring... here are some healthy recipes you can try out.

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There's nothing funny about cabbage, but some others might tickle your pickle !

“Health is not a gift, but something each person is responsible for, through his/her own daily effort.”



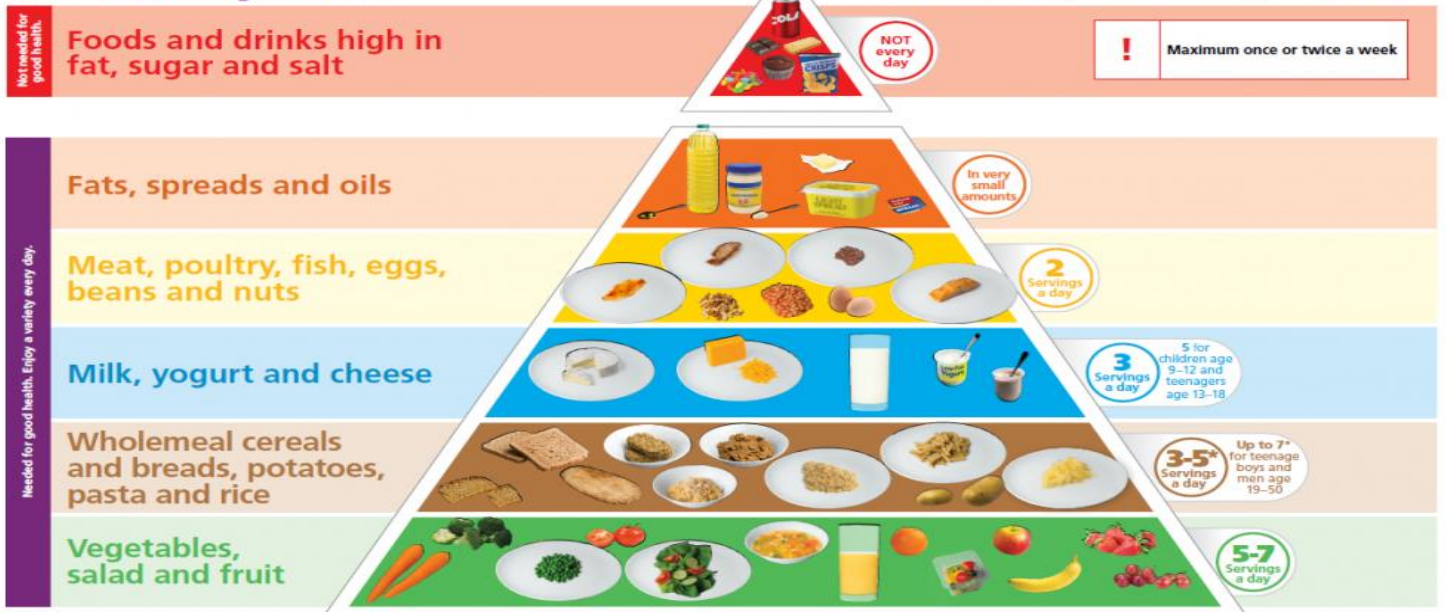
HEALTH PROMOTING SCHOOL

As 2019 starts, many of you will be optimistically setting yourselves New Years resolutions. According to a recent survey conducted in our school the most common resolutions are to eat healthier, get more exercise and find the right balance between school/ work life and looking after your own wellbeing. Over the next 6 weeks a team of students from the HPS will put together a weekly newsletter focusing on these areas to help improve our mental, emotional and physical health in our school community. We hope you enjoy Issue 1 and we welcome your feedback.

Aine Slattery (Chief Editor) & Laura O'Meara (Contributing Editor)

The Food Pyramid

For adults, teenagers and children aged five and over



*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-12)			Teenager (13-18)			Adult (19-50)			Adult (51+)		
	3-4	4	4-5	3-4	3-4	4-5	3	3-4	3	3-4	3	
Inactive												
	3-5	5-7	5-7	4-5	4-5	4-5	4-5	4-6	4	4	4	

There is no guideline for inactive children as it is essential that all children are active.

Source: Department of Health, December 2016.

Drink at least 8 cups of fluid a day – water is best

Get Active!
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.



SOME REASONS WHY GOOD NUTRITION IS SO IMPORTANT ?

1. Your weight:

Eating healthy foods instead of processed foods can have a positive effect on your weight. Your weight also determines your overall health. For example, being overweight raises your risk of developing Type II diabetes. It can also harm your joints, making it harder for you to mobilize yourself.

2. Healthy body:

We all require 6 essential nutrients that are found in food, carbohydrates, protein, fats, vitamins, minerals and water. These are vital for energy, and they fuel the body to regulate metabolic processes and build or repair tissues.

3. Healthier skin:

Good nutrition doesn't just affect your weight or your energy. It can also play a role in the health of your skin. Foods that contain vitamins C and E, lycopene and other antioxidants, as well as olive oil, can help to protect your skin against sun damage.





Healthy Waffles Recipe

Ingredients:

- 250g buckwheat flour/other flour of choice
- 2 tsp baking powder (1 1/2 tsp if using white flour)
- 1 tsp sea salt
- 3 tbsp maple syrup
- 1/2 a banana or 2 tbsp ground flax seeds
- 3 tbsp almond butter
- 400ml rice milk
- 1 teaspoon vanilla extract

Method:

1. The first step, turn on the waffle iron.
2. To make the batter, whiz all the ingredients together in a blender until smooth.
3. Once the waffle iron is hot, spray it with vegetable oil to prevent the waffles from sticking. Pour in the batter, ensuring that you have added enough to cover the full iron, leaving a bit of room for the waffles to rise slightly.
3. Cook in the waffle iron until nice and brown.
4. Remove and add toppings of your choice.

Smoothie recipes



Strawberry SMOOTHIE

COCONUT MILK
Ammon commoda ligula eget elit. Ammon mollis. Cum sociis natoque

BANANA
Diamet quam felis, ultricies nec, pellentesque eu, pretium quis, sem.

STRAWBERRY
Cum sociis natoque penatibus et magnis dis parturient montes.

ALMOND
Malesuada ornare amet, quam enim. Donec quam pulvis, fringilla vel.



Berry SMOOTHIE

COCONUT MILK
Ammon commoda ligula eget elit. Ammon mollis. Cum sociis natoque

BLUEBERRY
Diamet quam felis, ultricies nec, pellentesque eu, pretium quis, sem.

RASPBERRY
Cum sociis natoque penatibus et magnis dis parturient montes.

ICE
Malesuada ornare amet, quam enim. Donec quam pulvis, fringilla vel.



Orange SMOOTHIE

COCONUT JUICE
Ammon commoda ligula eget elit. Ammon mollis. Cum sociis natoque

BANANA
Diamet quam felis, ultricies nec, pellentesque eu, pretium quis, sem.

LEMON
Cum sociis natoque penatibus et magnis dis parturient montes.

ALMOND
Malesuada ornare amet, quam enim. Donec quam pulvis, fringilla vel.



Green SMOOTHIE

COCONUT JUICE
Ammon commoda ligula eget elit. Ammon mollis. Cum sociis natoque

SPINACH
Diamet quam felis, ultricies nec, pellentesque eu, pretium quis, sem.

BRUSSELS
Cum sociis natoque penatibus et magnis dis parturient montes.

LEMON
Malesuada ornare amet, quam enim. Donec quam pulvis, fringilla vel.

Smoothie Advantages:

- Heart Health
- Enhanced Nutrient Absorption
- Increased Energy
- Improved Digestion
- Boost Your Immune System
- Healthy Bones

Click on link below to watch video

<http://www.donaldskehan.com/recipes/3-ingredient-banana-ice-cream/>

Why not try this healthy dairy free ice-cream ?





PLANT THREE ROWS OF PEAS:

1. Peace of mind
2. Peace of heart
3. Peace of soul



PLANT FOUR ROWS OF SQUASH:

1. Squash gossip
2. Squash bullying
3. Squash complaining
4. Squash social media



PLANT FOUR ROWS OF LETTUCE:

1. Lettuce be on time for class
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce be respectful



NO GARDEN WITHOUT TURNIPS:

1. Turnip for school
2. Turnip to help one another
3. Turnip for meetings



TO CONCLUDE OUR GARDEN WE MUST HAVE SOME THYME:

1. Thyme for family
2. Thyme for friends
3. Thyme for me



**“I’m too busy
working on my
own *garden* to
notice if yours is
greener”**



