

This week we learnt more about the **Eatwell Guide** and what proportions of the five different food groups we should eat to have healthy, balanced meals.

Here are some healthy meal ideas to try out at home! Can you figure out which food groups are used in each one? Hint: The colours of the words are a clue...



Fruity Breakfast Bagel

Start your day with this **wholegrain bagel** with **low fat soft cheese** and **apricot** (dried or fresh) for a delicious and nutritious breakfast! Add sliced **banana** to help you on your way to 5-a-day!



Healthy Hummus Wrap

Wraps are really easy to make and great to take to school for a packed lunch! Spread some **hummus** on a **wholemeal wrap**, add your favourite **salad** or **veg**, and wrap it up! Add some **cherry tomatoes**, **mixed berries** and **low fat Greek style yoghurt** to your lunchbox to complete your tasty and healthy lunch.



Super Stir Fry

A great dinner recipe packed with vegetables! Stir fry some **peppers**, **carrot**, **spring onions**, **mushrooms** or any of your **favourite veg** with a **lean meat**, like **turkey** or **chicken**, and serve with **rice** or **noodles**. For a vegetarian option, try **tofu** or **Quorn**! You can even make your own sauce using orange juice, soy sauce, and corn flour!



Like the look of these recipes? Find even more to try on the Change4Life website!

change 4 life

www.nhs.uk/change4life-beta/recipes

This week's challenges are...



Physical Activity Challenge

Take part in at least 60 minutes of **physical activity**. It can be walking, dancing or even helping out at home!



Nutrition Challenge

Try **three** or more different coloured fruits and vegetables!

We look forward to hearing how you get on!