



BACON'S  
COLLEGE  
SPORTS PARTNERSHIP

health  
& WELLBEING



# HEALTH CHAMPION

Name .....

Class .....



My PE Days Are:

.....  
.....

My PE Kit Is:

.....  
.....

I Attend After School Clubs On:

.....  
.....

The Community Clubs I Attend:

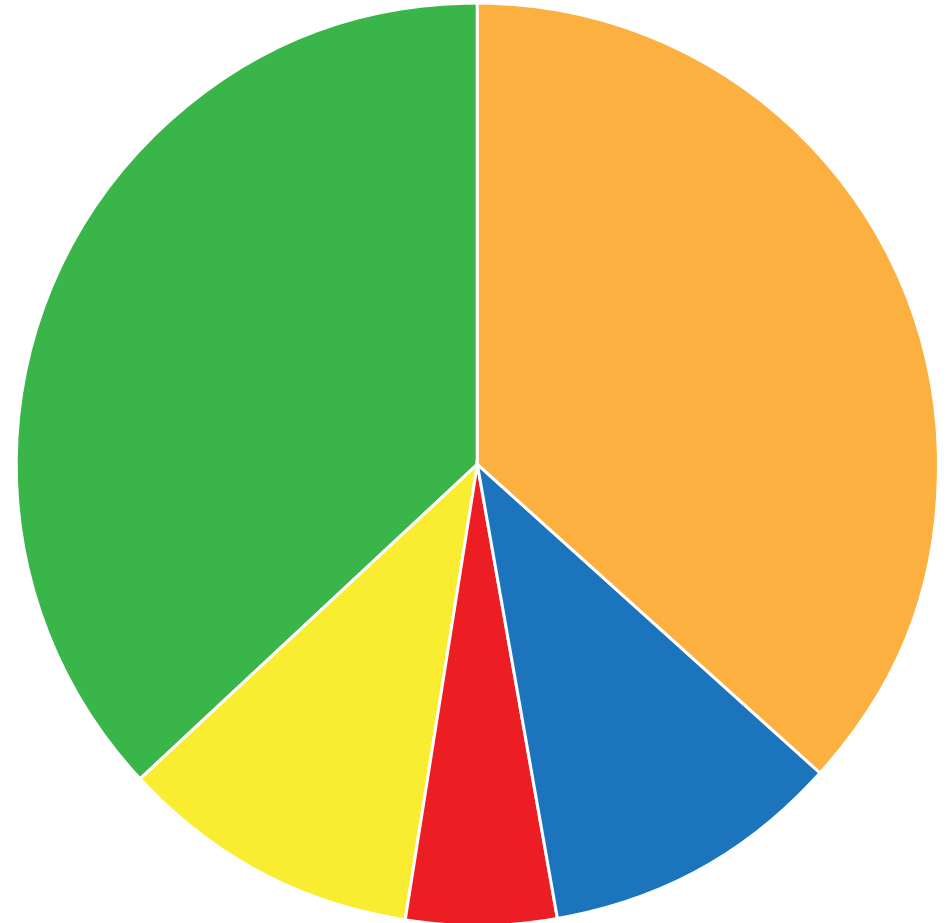
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What Does Healthy Mean To Me:

.....  
.....



Create your healthy plate by cutting out the food items found on page 14 and place them on to the five food groups below.



Name The Five Food Groups:

1. .... 3. ....  
2. .... 4. ....  
5. ....

## GO

### Carbohydrates:

Are our bodies energisers, they give our bodies all the energy we need to carry out our everyday activities.

### Fats and Sugars:

Are also energisers, but wear off quickly and if we have more than we need can lead us to putting on weight.

## GLOW

### Fruit and Vegetables:

These are our glow foods they keep our insides and outsides healthy.

Have you ever heard the saying, "eat your carrots, they help you see in the dark?" It is true - fruit and vegetables are full of vitamins and minerals, which help our hair shine, skin stay smooth and our eyes sparkle.

## GROW

### Protein and Dairy:

Are our grow foods. These help our bodies grow big and strong. Protein develops our muscles and helps repair injuries. Protein is full of calcium which makes our bones and teeth grow and keep them hard and strong.

Can you help Mike and his friends improve their performance by improving their diets?

Mike wants to be a professional marathon runner. He has a problem though - he never finishes the race. No one can understand why, as he leads the race up until the last two miles. He then complains that he is too tired to continue.

What foods can Mike eat to help him complete a race?

Jack is an up and coming BMX racing star. Last week he had a nasty crash and broke his leg. The doctor says he needs lots of rest.

What foods will Jack need to get him back racing again as quickly as possible?

Rapunzel is a famous beauty queen. She is currently out of work as people are saying she has lost her sparkle.

What foods can Rapunzel eat to regain her sparkle?

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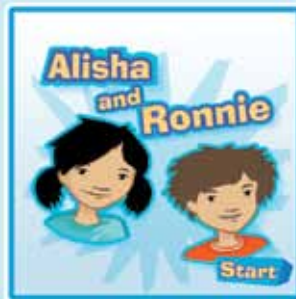
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## Meet Alisha and Ronnie!

Here's the latest new activity! Help Alisha or Ronnie make smart choices for their meals throughout the day. You'll see how what they choose affects their "balance of good health".

[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)



Plan a menu for Mike or one of his friends

Breakfast .....

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Snack .....

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Lunch .....

.....

.....

Snack .....

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Dinner .....

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## Pitta Pizza

This easy snack idea is ideal for when the kids are hungry and you need to make something speedy and healthy.

**Serves:** 4

**Preparation time:** 5 mins

**Cooking time:** 8 mins

**Approx cost for recipe:** £1.08

- 4 wholemeal pita breads
- 4 teaspoons tomato puree
- 4 medium tomatoes, sliced
- 2 teaspoons dried mixed Italian herbs
- Ground black pepper

1. Preheat the oven to 190°C, fan oven 170°C, gas mark 5.

2. Spread 1 teaspoon of tomato puree over one side of each pita bread. Arrange on a baking sheet and top with the sliced tomatoes. Sprinkle with the mixed herbs.

3. Transfer to the oven and bake for 6-8 minutes.

Tip 1: If you prefer, cook these under a medium-hot grill for 4-5 minutes.

Tip 2: For an easy variation, omit the sliced tomatoes and scatter a 227g can of drained pineapple chunks in natural juice over the top of the pitas, then add 80g of chopped cooked ham. Bake or grill as above.

Checkout more great recipes at...

[www.nhs.uk/Change4Life/Pages/lunch-recipe-book.aspx](http://www.nhs.uk/Change4Life/Pages/lunch-recipe-book.aspx)

## Bogeyman Soup

This gorgeous green soup is full of vegetables!

**Serves:** 4

**Preparation time:** 15 mins

**Cooking time:** 25 mins

**Approx cost for recipe:** £1.08

**Approx cost per serving:** 45p

- 2 leeks, washed and sliced
- 250g broccoli, broken into florets
- 250g potatoes, peeled and chopped
- 600ml (1 pint) vegetable or chicken stock
- 100g spinach, washed
- 300ml (½ pint) semi-skimmed milk
- Ground black pepper

1. Put the leeks, broccoli and potatoes into a large saucepan and add the stock.

2. Heat until just boiling, then turn the heat down. Cook over a low heat with the lid on for 15-20 minutes, or until the potatoes are tender.

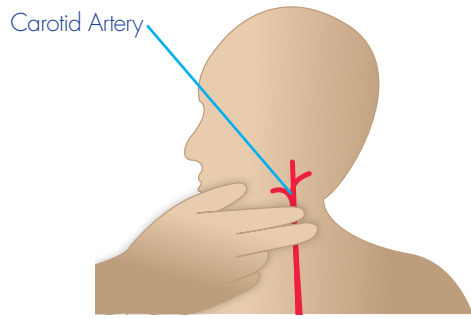
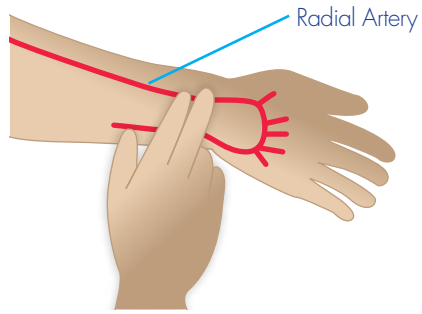
3. Add the spinach and cook gently for another 2-3 minutes, until the leaves wilt down.

4. Blend the soup to a puree using a hand-held stick blender, or transfer it to a food processor or blender and whizz until smooth. Add the milk and reheat gently, seasoning with ground black pepper. Serve.

Tip 1: Cover, cool and refrigerate the soup, using it within 3 days of making it, and re-heating it thoroughly when ready to serve.

Tip 2: Use vegetable or chicken stock cubes, or concentrated stock from a jar, following the instructions to make it up to the correct strength for 600ml (1 pint) of water

# Pulse Rate



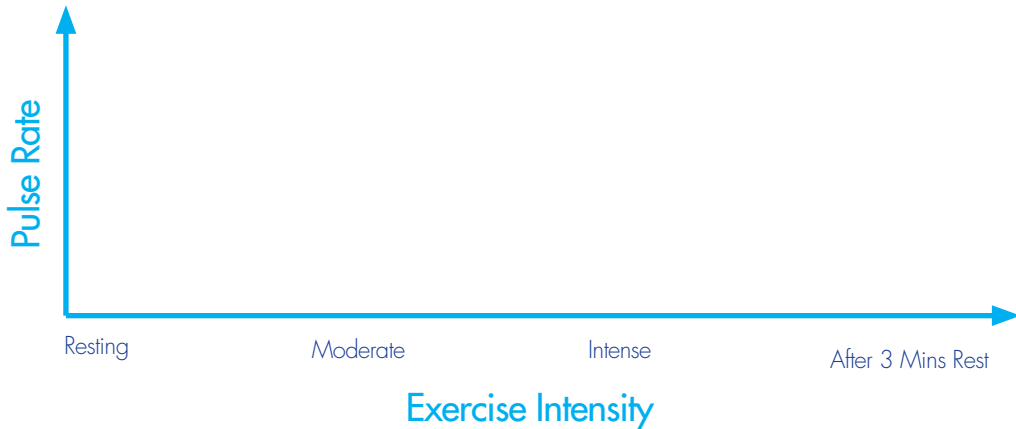
Resting

1. ....
  2. ....
  3. ....
- Average .....

After Moderate Exercise

After Intense Exercise

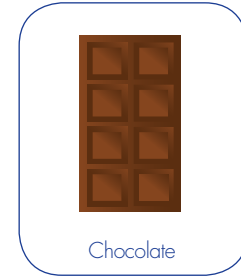
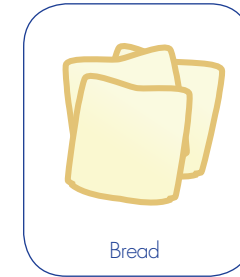
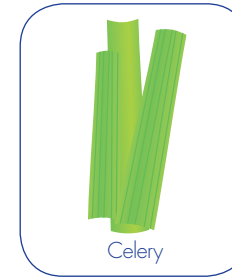
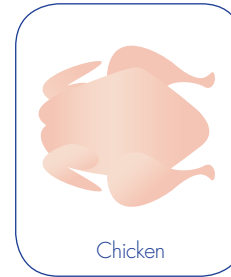
After 3 Minutes Rest



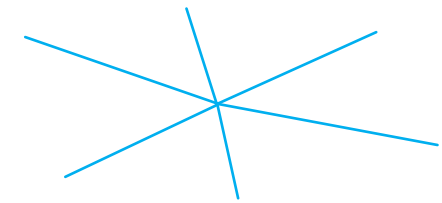
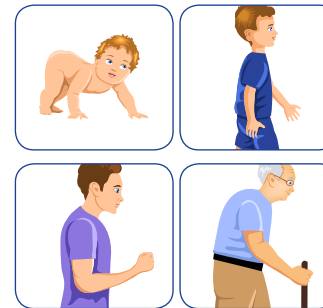
# Energy Balance

Rank these in order:

Which ones give us the most energy per 100g?



Can you think of reasons why these people need different amounts of energy?



Why is portion size important?

1. ....
2. ....
3. ....

Ibrahim saw that Bacon's School Sports Partnership was running trials for their development centre. He decided he wanted to try out, but his nerves nearly got the better of him as he didn't think he was good enough. After speaking to his teacher, he thought, "**Why not, what have I got to lose?**"

Ibrahim went along and met Mr Baltacha, Director of Football, who once played in a world cup and is one of the best football coaches in the country.

Ibrahim had a fantastic day making lots of new friends and was really glad he came. He didn't get into the advanced sessions but received a letter telling how he did in the trials.

Please see the letter opposite.

Dear Ibrahim,

We are going to offer you a place in the academy. However, before the summer camp you must improve your fitness and attitude.

The reasons are shown below:

Technical ability	Rank
Footwork - both feet	10/10
Dribbling - both feet	10/10
Close ball control/turning	10/10
Passing accuracy	8/10

Your touch and close control were exceptional. Overall 10/10.

Physical and Mental	Rank
Focus	3/10
Attitude to training/self discipline	2/10
Speed	4/10
Agility	4/10
Strength	6/10

This area of your game needs work and your fitness levels are low. Overall 5/10.

Your fitness levels affected your game performance. In the first 15 minutes you were very impressive and controlled the game, but after this you seemed puffed out and struggled to stay in the game.

Ibrahim, at this time, we can offer you a place on the advanced football academy but you will need to improve in the areas above to succeed in the Academy

Yours Sincerely

Sergei Baltacha  
(Director of Football)

Ibrahim decided he wanted to make some changes to his lifestyle so he could improve his fitness levels. Ibrahim decided that the best way to do this was to make changes to his activity levels and nutrition intake, one small step at a time.

Week	Nutrition/ Lifestyle	Duration	Times per week	Total exercise for the week
Week 1	<ul style="list-style-type: none"> <li>In the first week Ibrahim looked at his current exercise and nutrition levels. 3 fruit and vegetables 7 unhealthy snacks</li> <li>Football at lunch</li> </ul>	Per day 30 mins	Over the week 3 x week	1 1/2 hrs
Week 2	<ul style="list-style-type: none"> <li>4 Fruit and vegetables. 6 Unhealthy snacks. Swapped Sweets for healthy snack</li> <li>Football at lunch</li> <li>Joined football after school club</li> <li>Walked to school with big sister</li> </ul>	Per day 30 mins 1 hr 10 mins	Over the week 3 x week 1 x week 2 x week	2hrs 40 min
Week 3	<ul style="list-style-type: none"> <li>5 Fruit and vegetables. 4 Unhealthy snacks. Swapped Sweets for healthy snack. Helping his parents do the shopping to create more balanced food plates</li> <li>Football at lunch</li> <li>Joined football after school club</li> <li>Walked to school with big sister</li> <li>Joined another sports after school club</li> </ul>	Per day 30 mins 1 hr 10 mins 1 hr	Over the week 3 x week 1 x week 3 x week 1 x week	4hrs

**So far Ibrahim is active for 4hrs a week, can you get him up to seven hours by week 5? Complete the last two weeks to help Ibrahim reach his goal of joining the Academy.**

Week 4				
Week 5				

What's your Goal?

Week	Activity	Duration	How many times a week	Total Exercise
Week 1	What are you doing at the moment?			
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Week 7				



All measures per 100g	Low - a healthy choice	Medium - ok most of the time	High - only eat occasionally
Sugars	5g or less	5.1g - 15g less	More than 15g
Fats	5g or less	5.1g - 15g less. 1-20g	More than 20g
Saturates	1.5 or less	1.6 - 5g	More than 5g
Salt	0.30g or less	0.31-1.5g	More than 1.5g

Traffic light labels on food make it easier to choose healthy options. To apply traffic lights to a product, look at the '100g' information panel on the pack and use the grid to make a healthier choice.



# My Goal Achievement Chart

To help you make healthy lifestyle changes we are going to set ourselves personal goals each week, one nutrition goal and one exercise goal.

