



At Wootton Park we believe...

“Wellbeing...
is a powerful tool to grow our own capabilities, independence, resilience and
realise our own richest potential.”
“We strive to ... solve our own problems, generate our own opportunities and
equip ourselves to thrive in our future.”



Healthy Eating

Eating Healthily

Eating healthily doesn't have to mean giving up your favourite foods. It simply means eating a variety of foods and cutting down on food and drinks high in fat and sugar, such as sugary fizzy drinks, crisps, cakes and chocolate. These foods should be eaten less often and in smaller amounts.



Do not skip meals

Skipping meals won't help you lose weight and isn't good for you, because you can miss out on important nutrients. Having breakfast will help you get some of the vitamins and minerals you need for good health.



Breakfast

Having a healthy breakfast can include:

Oats, blueberries, porridge, butternut squash, avocado, strawberries, yoghurt.

An alternative is low sugar cereals or eggs.



Dinner

The basics of a healthy dinner are the same as lunch. Your late meal should contain sources of fibre and protein as well as some healthy fat. Your dinner should include at least three food groups, and it should be limited in saturated fats and simple sugars. For example chicken with vegetables and potatoes is a good balanced dinner.



Lunch

An easy way to help build a balanced lunch is to include foods from at least 3 food groups - vegetables, fruits, grains, protein and dairy/calcium-rich foods.

Try wholemeal bread or wraps and add in some salad. Keep it in proportion.



Dessert/Snacks

Try limit the amount of chocolate, sweets or cake you have to one treat after dinner.

It is important that you do not over eat on these. A healthy alternative can include ice lollies, fruit bowls, smaller portions of desserts, fruit dipped in chocolate or any low calories desserts you see in the supermarket.

A good snack would be a piece of fruit, some nuts, dark chocolate or pretzels.



Healthy Tips

There are many tips and recipes on BBC Good Food and Superhealthykids.com that will give you more ideas on healthy snacks and ways to swap sugary foods to less sugary foods.

It is important to keep a routine with eating and this will keep your metabolism working. Try not to eat when you are bored, try going out into the garden or doing a task. Remember try not to over eat and keep to the right size portions.

For more wellbeing tips and advice follow us at Wootton Park Wellbeing on Instagram.

Or to speak to a member of the wellbeing team, go to

www.schoolinterviews.co.uk and enter code bky83 to book a call.