



HEALTHY EATING – FOOD FOR LIFE – SILVER AWARD

Here at St Mary's we are very pleased to tell you all that we have just achieved our FOOD FOR LIFE – "Silver Award".

We are the only school in this area to get this and we are very proud of our achievements. The staff and children have all worked very hard since we achieved the Bronze Award to continue with the good things we were doing, we now do extra cooking in school and also the children are doing a lot more gardening.

We are also encouraging the children to drink more water. They can bring water in named bottles into class – especially as the weather gets warmer this will be necessary so that they have plenty of fluids during the day.

We will be looking at lunch boxes and giving out house points for healthy items.

Suggestions for food to put into these are:

Brown bread sandwiches, pitta bread or crackers for bread substitutes;

Salad items such as carrots, peppers, tomatoes, cucumber;

Cheese, houmous, ham, chicken eggs etc.;

Cereal bars, yogurts, dried fruit.

Water or fruit juice to drink,

The whole school cook 6 times a year.

Examples of some of the recipes that we do are:

SUPER SANDWICHES

INGREDIENTS: (PER SANDWICH)

2 slices wholemeal whole-grain bread

15ml (1 tablespoon) cream cheese

2-3 lettuce leaves

2 tablespoons tuna (canned in spring water), drained

1 tomato – thinly sliced

Cucumber slices

EQUIPMENT

Chopping board, table knife, sharp knife, tablespoon.

HOW TO MAKE IT:

1. With the table knife, spread both of the bread slices with the cream cheese.
2. Arrange the lettuce leaves on one slice. Spoon the drained tuna evenly onto the lettuce. Add the sliced tomato.
3. Place the second slice of bread on top and press down lightly.
4. Cut the sandwich into two and serve with sliced cucumber (optional).

FRIENDSHIP PIZZA

INGREDIENTS –for the base:

225g strong plain flour

1 x 7 sachet easy-bake (micro-fine) dried yeast

1 tablespoon olive oil

150ml warm water

For the topping:

300g cherry tomatoes – cooked to a pulp in a little olive oil

1 garlic clove – peeled and crushed
250-300g spinach leaves – stalks removed and lightly steamed
½ red pepper – de-seeded, chopped and lightly cooked in olive oil
100g – 150g Mozzarella – sliced
2 tomatoes – thinly sliced
Basil leaves – torn

EQUIPMENT:

Mixing bowl, measuring jug, tablespoon, wooden spoon, chopping board, sharp knife, saucepan, rolling pin, flour dredger, baking tin.

HOW TO MAKE IT:

1. Put the flour and yeast into the mixing bowl. Add the water and oil and mix to a soft dough, using a wooden spoon.
2. Knead the dough until smooth. Roll it out to a 20-25 cm round, then place the round on the baking tray. Heat the oven to 220°C/425°F/Gas 7.
3. Spread the cooked cherry tomatoes (pick out the skins, if you wish) over the dough. Scatter the garlic over the tomatoes.
4. Place a circle of Mozzarella slices in the centre of the pizza. Around it place a “ring” of spinach, followed by another ring of cooked pepper. Add the sliced tomatoes.
5. Leave the pizza to stand for 5 minutes. Bake for 15-20 minutes until the cheese has melted and the pizza has cooked.
6. Serve warm, cut into slices.