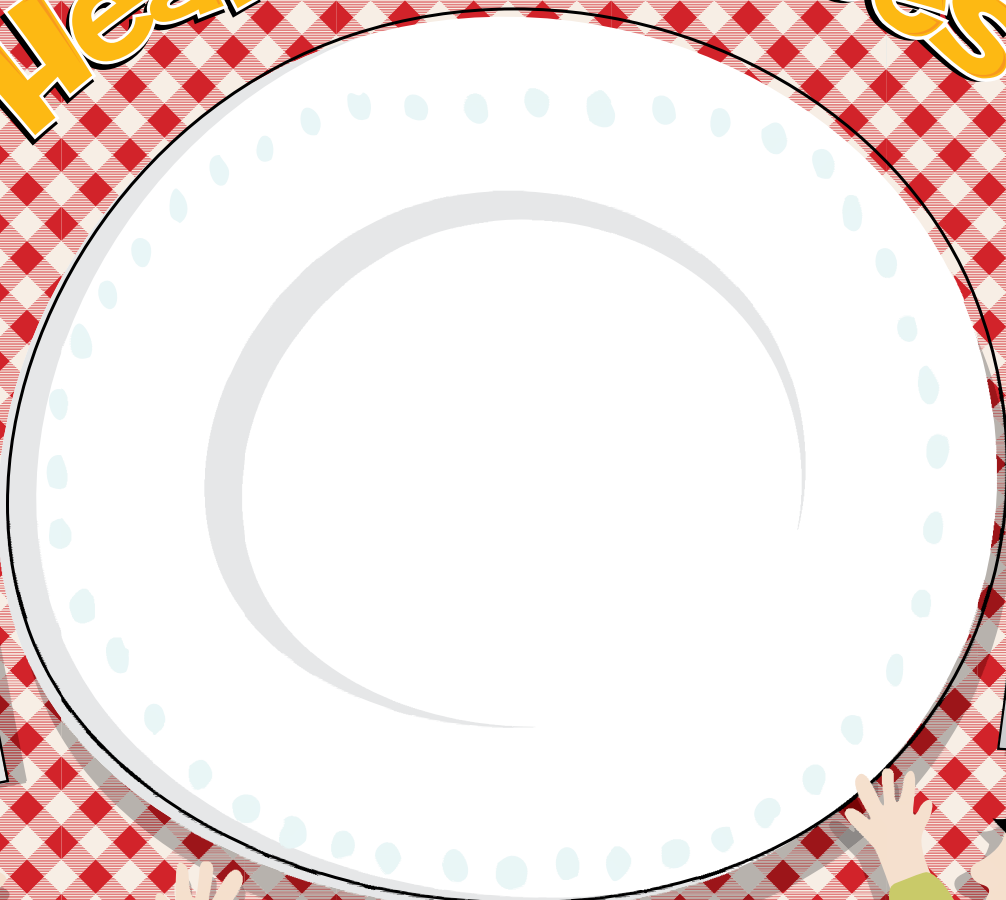


# Ulster GAA Healthy Hamper



## Healthy Choices



## Teacher's Guide



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## Welcome to the Ulster GAA Healthy Hamper.

This is your workbook full of facts, resources and activity sheets all designed to promote a healthy lifestyle and diet in the classroom.

Everything in your pack is also downloadable online at: [ulstergaa.ie/healthyhamper](http://ulstergaa.ie/healthyhamper)

**Enjoy and stay fit and healthy!**

# How to use the Healthy Hamper

The 'Healthy Hamper' aims to get children in Ulster, more active, more often, as well as focusing on healthy eating habits.

This resource aims to assist teachers in educating children on the importance of a healthy and active lifestyle in a fun filled learning environment.

Included in the 'Healthy Hamper':

- Healthy Choices Target chart
- Healthy Choices Teachers Guide
- Fact Sheets
- Classroom Activity Sheets
- Play and Learn Activity Sheets
- Certificates

The healthy hamper focuses on 5 keys areas:

- 5 a Day
- Breakfast
- Healthy Break
- Water
- Exercise

Each area has a supporting fact sheet, classroom based activity, and a play and learn activity sheet that can be used to aid learning.

## The Target Sheet

The Target sheet has been developed to create a focus within the class on making healthy choices a habit in their daily life.

Each week the class will set a target for each of the five themes aiming to improve their health and exercise habits. It is important that these targets are realistic and achievable showing progression every week.

Class results can be inputted on the card on a daily basis before the total is calculated at the end of the week.

Children can create their own food and exercise diary to help record this information or use the supporting sheets within this booklet.

### Week 1 Target Example Based on 20 children per class

**5 a Day**  
20 Children x 3 pieces fruit and vegetables  
= 60 pieces Daily  
60 x 5 = 300 pieces weekly

**Breakfast**  
20 Children x 1 Healthy Breakfast  
= 20 Breakfasts Daily  
20 x 5 = 100 Breakfasts weekly

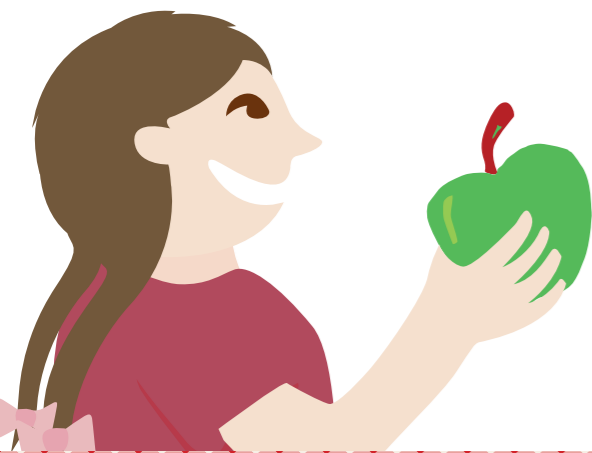
**Healthy Break**  
20 Children x 1 Healthy Break  
= 20 Healthy Breaks Daily  
20 x 5 = 100 Healthy Breaks Weekly



**Water**  
20 Children x 2 Litres = 40 Litres of water daily  
40 x 5 = 200 Litres Daily

**Exercise**  
20 Children x 30 minutes = 600 minutes of exercise daily  
600 x 5 = 3000 Minutes of exercise weekly

The Best Bit of all is the Certificate Presentations, why not have a little Party – a healthy one!!!!



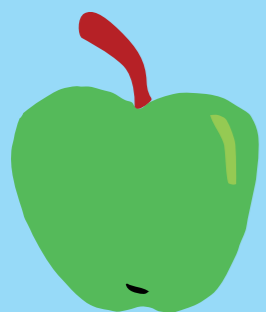
# The Facts

## Eat your Fruit and Veg

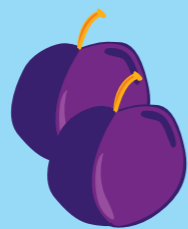
Fruit and vegetables taste great and are jam-packed with vitamins, minerals and dietary fibre. To stay fit and healthy, you need to eat a balanced diet which includes fruit and vegetables every day.

### How much is one serving?

One serving of fruit is equal to one medium piece of fruit, two smaller pieces or one cup of chopped fruit.



1 medium Piece of fruit



2 smaller Pieces

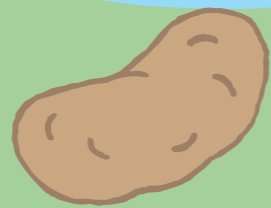


1 CUP CHOPPED fruit

One serving of vegetables is equal to half a cup of cooked vegetables, one medium potato or one cup of salad vegetables.



1/2 CUP of Cooked veggies



1 medium Potato



1 CUP of salad veggies

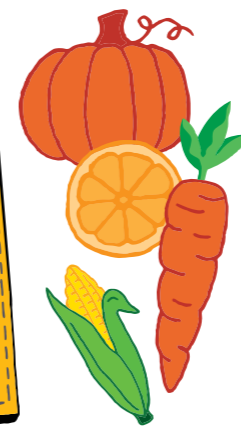
### TIPS to help you eat more Fruit and Veg

To help you eat enough Fruit and Veg, try to include some in every meal even if you are having a snack.

Different coloured fruit and veggies have different health benefits so try and have as many different colours as you can.

**Orange/ Yellow**

- Oranges
- Mangoes
- Apricots
- Carrots
- Sweetcorn



**REDS**

- Strawberries
- Cranberries
- Tomatoes
- Apples



**Greens**

- Peppers
- Broccoli
- Peas
- Lettuce
- Pears



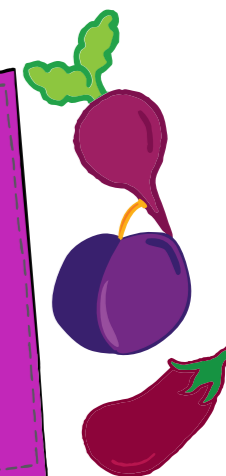
**Whites**

- Bananas
- Mushrooms
- Cauliflower
- Potatoes
- Parsnips



**Blues/Purples**

- Blueberries
- Plums
- Beetroot
- Blackcurrants



# The Facts

## Ready, Set, Breakfast

**“Eat your breakfast. It’s the most important meal of the day!” Why are parents and teachers always saying that?**

Well, imagine you’re a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road!

### What Should You Eat?

Any breakfast is better than no breakfast, but try not to have doughnuts or pastries all the time. They’re high in calories, sugar, and fat. They also don’t contain the nutrients a kid really needs. And if you have a doughnut for breakfast, you won’t feel full for long.

Just like with other meals, try to eat a variety of foods, including:

- fruit
- vegetables
- grains
- protein
- dairy products

A healthy breakfast gives you the energy you need to get through the morning without being hungry or tired.

Eating breakfast is the best way to start the day, so never skip breakfast. Common breakfast foods are fruit’s, cereal, milk, bagels, toast, eggs and bacon. Not all these choices are healthy choices if eaten every day. The key is variety and portion control. A healthy breakfast should be high in fibre, carbohydrates, vitamin C and calcium. These tips may help you add breakfast to your daily activity list:

If you plan to have breakfast at home, wake up early enough so you won’t have to rush through breakfast. Choose from healthy choices. If there is really no time to sit down and eat, pack the breakfast and eat it on the way to school.

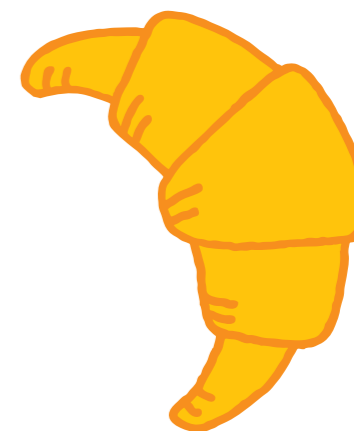


### Skipping Breakfast

Some kids skip breakfast because they sleep too late or because they think it’s a way to stay thin. But skipping breakfast doesn’t help people maintain a healthy weight. In fact, someone who skips breakfast tends to eat more throughout the day.

If you find yourself skipping breakfast because you’re too rushed, try these quick breakfasts. They’re easy to grab on the way out the door or can be prepared the night before:

- single servings of whole-grain, low-sugar cereal
- yogurt
- fresh fruit
- whole-grain muffin
- nuts, dried fruits, crackers



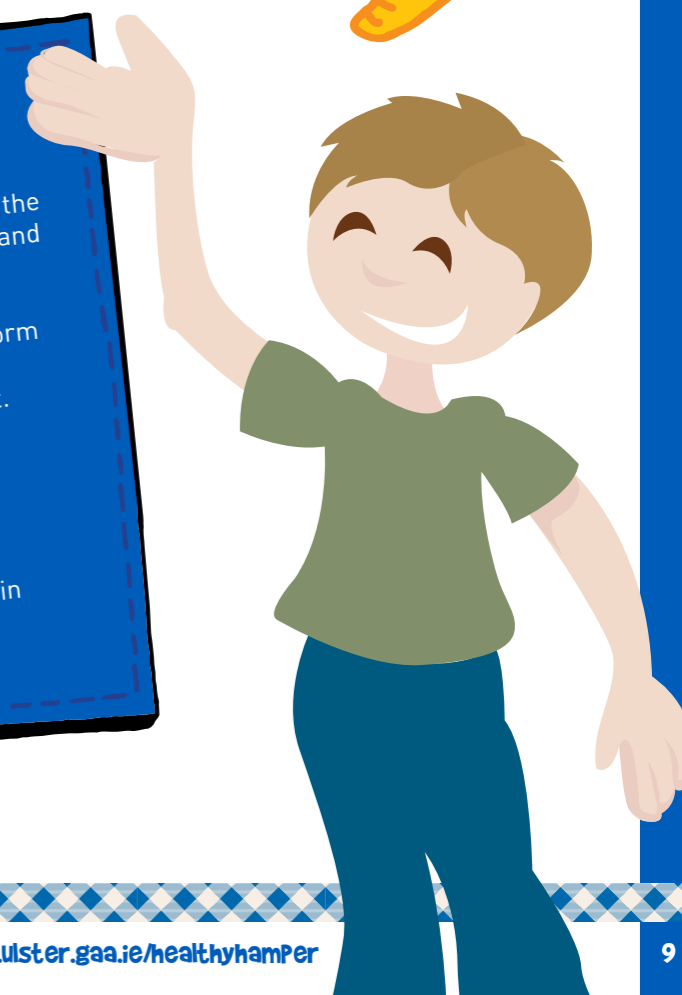
### Did you know?

Breakfast is usually based around carbohydrate foods. Carbohydrates are the preferred energy source for your brain and your muscles.

People who eat breakfast tend to perform better mentally and physically in the morning compared to those that don’t.

Breakfast eaters are less likely to be overweight than those who skip.

Breakfast can provide important nutrients that you may not get later in the day if you skip.



# The Facts

## Use the Eatwell Plate

If you want to get the balance of your diet right, use the eatwell plate.

The eatwell plate makes healthy eating easier to understand by showing the types and proportions of foods we need to have a healthy and well balanced diet. The eatwell plate shows how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks.

Look at the eatwell plate to see how much of your food should come from each food group. You don't need to get the balance right at every meal, but try to get it right over time such as a whole day or week.



### Fruit and Vegetables

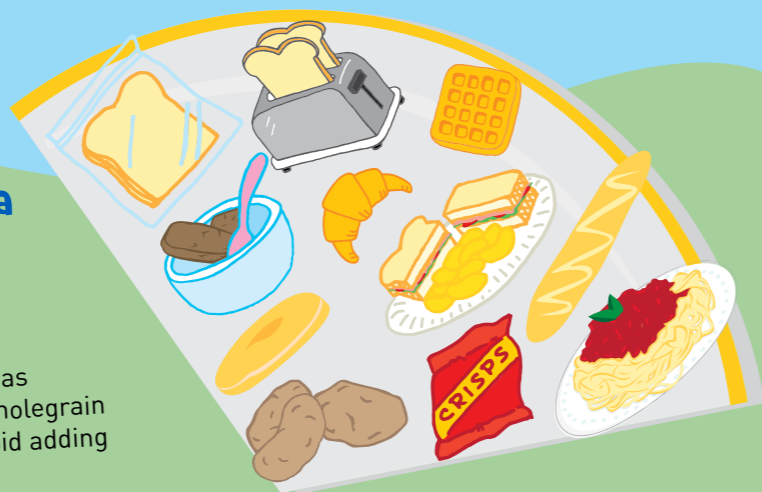
Eat at least five portions of fruit and vegetables a day.

Fresh, frozen, dried, tinned and juices (once a day) all count. Try to eat a variety. Try to avoid adding rich sauces or butter to your vegetables and sugar or syrups to fruit. Also, make sure tinned fruit and vegetables don't have added salt and/or sugar.

### Bread, Rice, Potatoes, Pasta and other starchy Foods

Eat lots of this food group.

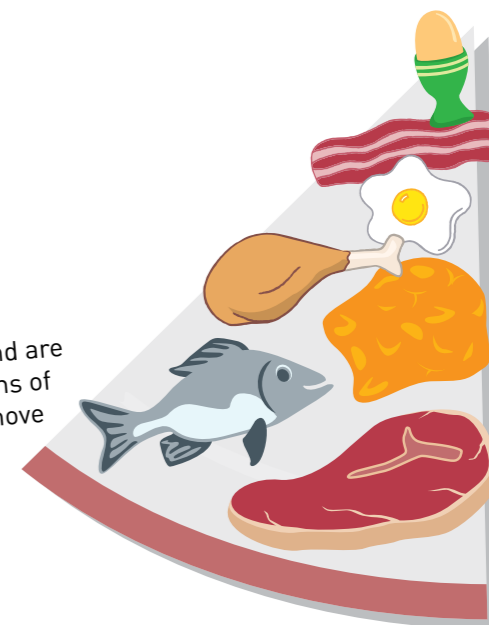
'Other starchy foods' means foods such as breakfast cereals and oats. Try to eat wholegrain versions where possible and always avoid adding or cooking in fat.



### Meat, Fish, Eggs, Beans and other non-dairy sources of Protein

Eat moderate amounts and choose lower fat versions whenever you can.

Beans count as 1 portion towards your 5 a day and are a good source of protein. Aim to include 2 portions of fish a week and make one of these oily fish. Remove skin and visible fat from meat and poultry.



### Milk and Dairy Foods

Eat or drink moderate amounts and choose lower fat versions whenever you can.

Milk, cheese, yoghurt and fromage frais are included in this group. Swap whole milk for semi-skimmed, 1% or skimmed. Choose low-fat versions of all dairy products but remember that reduced fat cheeses aren't always low-fat so it's important to still keep the portion small



### Food and Drinks high in fat and/or sugar

Eat just small amounts of these foods and drinks.

This includes oils and spreading fats and sugar that you might add to foods and drinks, as well as foods with a high fat and/or sugar content such as mayonnaise, cream, chocolate, crisps, biscuits, pastries, cakes, ice cream, sugary soft drinks, sweets and honey. Choose unsaturated oils and spreading fats and avoid saturated fats like butter and lard.



# The Facts

## Choose water as a Drink

Drinking water is the best way to quench your thirst. Even better, it doesn't have all the extra sugar found in fruit drinks and juices, soft drinks, sports drinks and flavoured mineral waters.

It's okay to have sweetened drinks sometimes – but not every day.

Did you know that 250ml of fruit juice or soft drink contains the equivalent of approximately 6 teaspoons of sugar? Add it up: if one teaspoon contains 4 grams of sugar, just one drink a day puts almost an extra 9 kilograms of sugar into your system every year!

### Why Drink water?

It helps prevent decay and holes in your teeth. The fluoride found in tap water in most areas helps you develop strong teeth.

Tap water costs a whole lot less than other drinks.

Often we don't feel thirsty, even when our bodies need fluid. That's why it's a good idea to drink water regularly during the day, and especially when it's hot.

It's also important to make sure you drink water before you play sport or games. Drink plenty afterwards too so that you make up for what you've lost through sweating.

### Water and your Body

About two-thirds of the human body is made up of water.

Water helps control your body temperature, carries nutrients and oxygen to cells, cushions joints, protects organs and helps to remove waste.

Water is lost from the body through sweating, breathing and going to the toilet.

Dehydration – or not having enough fluid in your body – can cause headaches, tiredness, crankiness and poor concentration.

### How much should I Drink each Day?

**ALL CHILDREN 4-8 YEARS** - 1.2 litres per day or about **5 glasses**

**BOYS 9-13 YEARS** - 1.6 litres per day or about **6 glasses**

**GIRLS 9-13 YEARS** - 1.4 litres per day or about **5-6 glasses**

Remember, you need to drink extra water on hot days and during moderate or vigorous activity.



### Hints to help you Drink more water

Pack a water bottle whenever you go out.

In summer, put a frozen water bottle in your lunch box.

Keep a bottle of cold water in the fridge in summer and drink warm water in winter.

Water down juices, sports drinks & cordials.

Use smaller glasses when drinking sugary drinks.

### Water and Sport

Staying well-hydrated, especially in hot weather and when you're exercising, helps your body function at its best.

Dehydration – not having enough fluid in your body – can cause headaches and fatigue, make you feel cranky and affect your concentration.

If you feel thirsty you're probably already starting to dehydrate, so make sure you drink water regularly and especially before any physical activity.

Have a few mouthfuls of water during any breaks in playing games or sport.

After sport or exercise, drink plenty of water to make up for what you've lost in sweat.



# The Facts

## Get Active Each Day

**Being active and eating nutritious food helps you to keep fit, healthy and feeling full of energy.**

Everyone, not just kids and teens, should be active every day in as many ways as possible.

Not being active can lead to an 'energy imbalance'. That's when the energy we get from the food we eat is more than what our bodies use up. This unused energy can cause excess weight gain and health problems.

Being active also helps you learn and develop important skills such as running, throwing and catching, which are a part of many games and sports. Trying something new can be a challenge - just remember that it can take time to get good at a new game or sport. Taking part with friends or family and having fun is what counts!

### How much activity is needed each Day?

Kids aged between 5 and 12 years need at least 60 minutes (1 hour) of moderate and vigorous activity every day. It's even better to be active for a couple of hours but you don't have to do it all at once - doing different activities throughout the day all adds up.

### What does moderate and vigorous activity mean?

Moderate activities make your heart beat faster and your breathing become quicker than when you're sitting down.

Vigorous activity really makes you huff and puff. Below are some examples of each type of activity.

Moderate Activities	Vigorous Activities
Walking fast	Organised sports
Bike riding	Running/chasing friends
Skateboarding	Swimming laps
Dancing	Star jumps
Playing on park equipment	Skipping



### 10 ways Physical activity can help you

Your body grows properly, giving you strong bones, muscles, lungs and heart

Improves your flexibility, balance and coordination so you can move well

Improves your running, throwing, jumping, catching and kicking skills, which are part of many sports

Makes you feel happy and full of energy

Keeps you staying healthy and maintaining a healthy weight

Helps you feel relaxed and confident

Helps you sleep well at night

Improves your posture

Keeps your mind alert

Allows you to have fun with friends and make new ones





# Classroom Activity 1

## 5 a Day

### Resources Required

5 A Day Joe Sheet

### Learning Outcomes

- To understand the importance of eating at least five portions of fruit and vegetables a day
- To be able to name a number of fruit and vegetables
- To know how to increase fruit and vegetable intake at different meal times

### Follow Up Activity:

Bananas and Broccoli Game

### Key Points

Show children the Eatwell plate Poster. Explain that they are going to look at the fruit and vegetable group in detail.

Discuss with the children what they think should be eaten from this group each day.

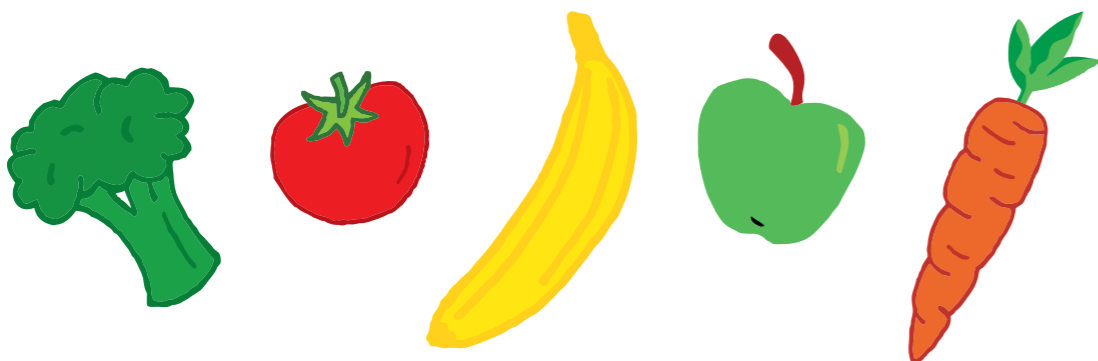
Tell the children that everyone should eat at least 5 portions of fruit and vegetables every day and variety is important.

Ask the children what they like in this group and what fruit and vegetables they ate yesterday.

Explain to the children that all different types of fruit and vegetables count, for example:

- fresh
- frozen, e.g. frozen peas
- dried, e.g. raisins
- canned, e.g. sweetcorn or carrots
- juice, e.g. orange juice

Using the 5 A DAY Joe Task Sheet ask the children to help you plan how Joe can eat at least 5 A DAY. Note what Joe will eat and when.



# Classroom Activity 2

## Breakfast



### Resources Required

Breakfast Template

### Learning Outcomes

- To know that breakfast provides us with the energy we need to face the day.
- To know that eating a healthy breakfast is an important part of following a balanced diet.
- To be able to plan and eat a healthy breakfast including different food groups.

### Follow Up Activity:

Brekkie Busters Game

### Key Points

On waking, our bodies haven't had food for several hours. Breakfast provides us with the energy we need to face the day and provides us with some essential vitamins and minerals.

### Healthy Breakfast Menus

Can you plan a different healthy menu for three different days? Include at least two food items and one drink.

#### Sunday

You've been given some newly laid eggs and want to include them in today's menu.

#### Monday

It's sports day at school. You're going to need lots of energy.

#### Tuesday

You want to try something completely new as part of your breakfast.

Ask the children to compare their menus to the proportions of the eatwell plate – are their menus balanced?

# Classroom Activity 3

## Eatwell Plate

### Resources Required

- Eatwell Poster
- Eatwell Blank Template
- Food Cards

### Learning Outcomes

- To understand that we need to eat a balanced diet to keep us healthy
- To know about the Eatwell Plate and how this contributes to a healthy diet

### Follow UP Activity:

Food Group Chase

**Key Points**

Begin by asking pupils to list what they think a healthy or balanced diet means. Following on from this, discuss why we need food and why it is important to eat healthily.

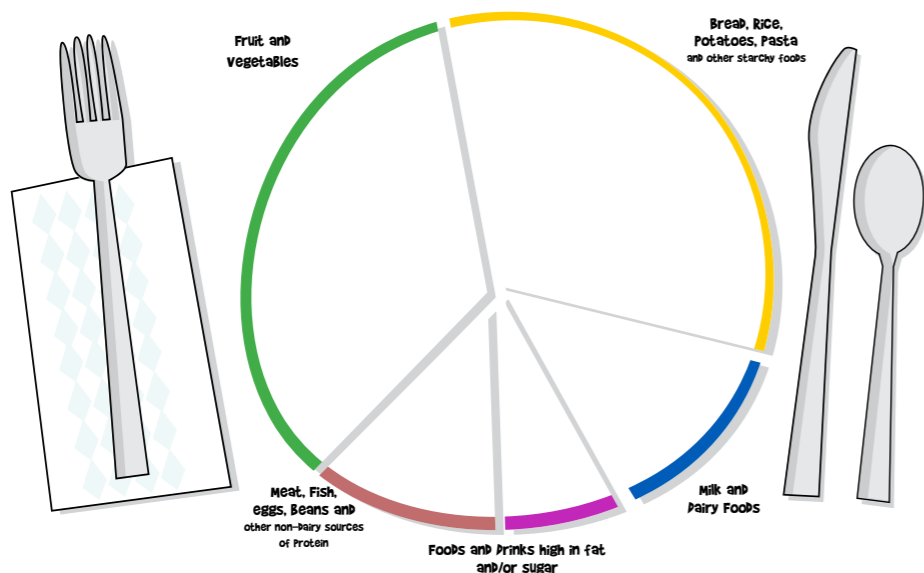
The Eatwell Plate explains that different foods help our bodies in different ways. No one food can provide us with all that we need to stay healthy, which is why it is important to eat a range of foods. Ensuring we eat a balanced diet will help us take in all the nutrients we need to stay healthy.

Show the children the Eatwell plate Poster to introduce the eatwell plate.

Explain to the children that all foods can be sorted into 5 groups. Name each group.

Discuss what foods might be in each group and what foods they can name?

Using the Food Cards, ask the children if they can put the cards into the right groups.



# Classroom Activity 4

## Healthy Drinking

### Resources Required

Drink Diary

### Learning Outcomes

- Can identify healthy drinks such as water, milk and fruit juice, instead of carbonated and sweetened ones
- Able to talk about the importance of keeping well hydrated, and to avoid drinking too many carbonated drinks, especially in between meals

### Follow UP Activity:

Fill your bottle

**Key Points**

We all need to drink plenty to stay healthy. Our body is nearly two-thirds water so it is really important that we consume enough fluid to stay hydrated. If we do not get enough fluid we may feel tired, get headaches and not perform at our best. 'Fluid' includes not only water, but also tea, coffee, milk, fruit juices and soft drinks. It is recommended to drink on average 6-8 glasses of fluid a day.

Question the children about drinking:

- What do you like to drink?
- What did you have to drink yesterday?
- How much should you drink each day?
- Does it matter which drinks you choose?



# Classroom Activity 5

## Exercise

**Resources Required**  
Activity Clock

### Learning outcomes

- Will be able to incorporate at least 60 minutes physical activity into their daily life
- Will understand the need for regular physical activity as part of getting healthy and staying healthy.

### Follow UP Activity:

Build a Game



### Key Points

Inform the children that being active and playing is good for them and will help make them feel happy and keep healthy. It will also make their bones stronger and help to build a healthy heart.

Let them know they should be active for at least 60 minutes every day and they can break it up over the day as long as they do at least 10 minutes each time.

To help children to become more active:

- use an activity diary for them to write down what activities they did over the past week
- organise group activities for them to play with other children, such as play basketball or have a dance competition
- encourage them to be active in everyday life, such as ride a bicycle, or have a walk in the park after dinner.

# Play and Learn

## 5 a Day



### How to Play

Children are divided into two equal teams standing in two lines side by side with about 8 feet between them. Set a line about 5m to the side of each team as their safe line.

The Teacher names one team as the fruits and the other as the vegetables. Each child tucks a bib into their shorts as a tag.

If the Teacher calls out the name of a fruit, the fruit team must run behind their safe line before being tagged by the Vegetables. If a team member runs the wrong way, he/she is automatically tagged and goes to the other team. The team with the most players at the end of the time wins

### Variation

Children start by lying on their stomachs

Children use different movement patterns (Hopping, crawling, etc.)

Children face opposite directions, so that the chasing team must turn around before chasing the other team.

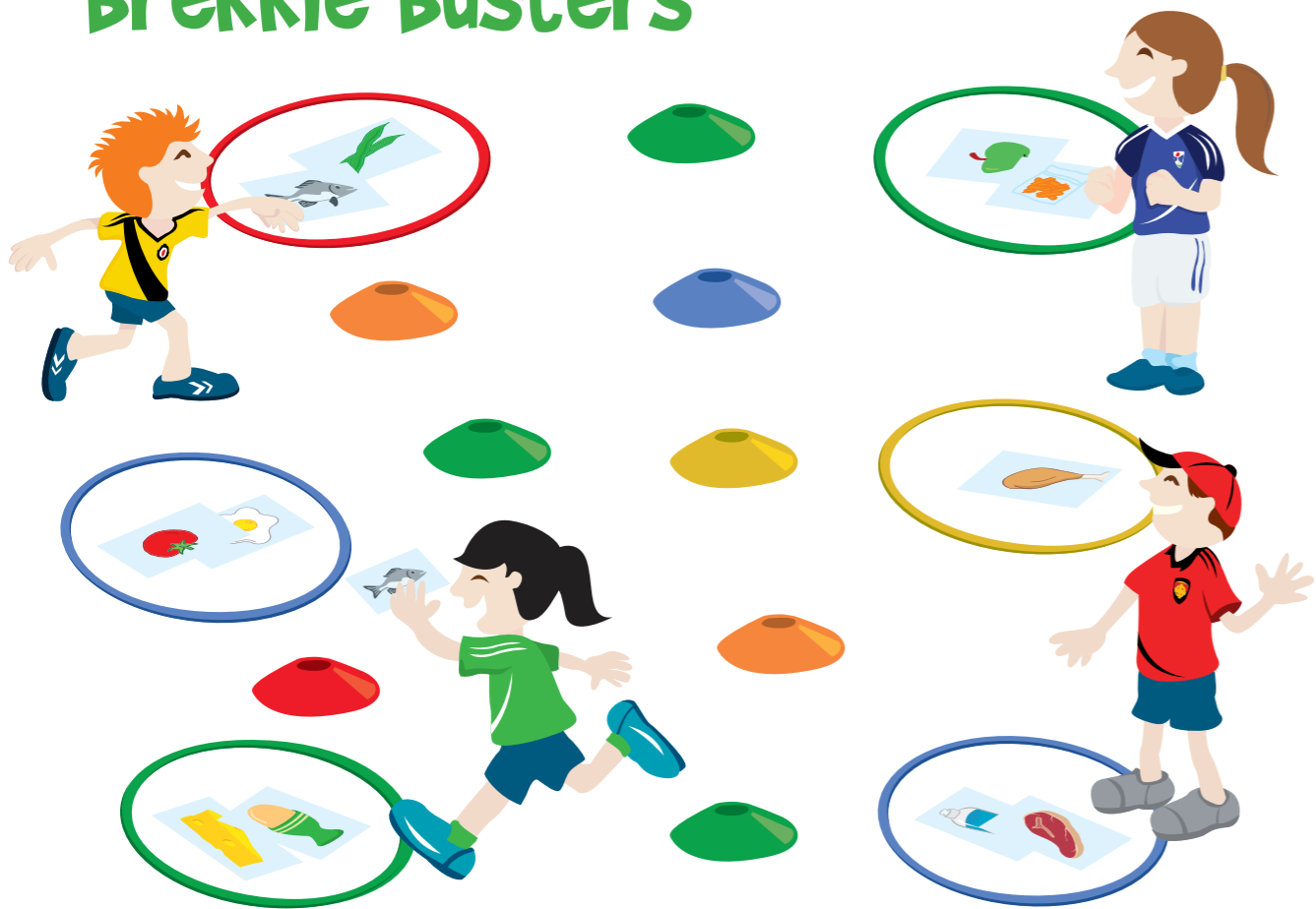
### Rules

When a player is tagged, he/she changes team. The goal of the game is to capture all the players from the opposing team.

### Equipment

Domes, Bibs

## Brekkie Busters



### How to Play

Divide the class into even groups known as 'Brekkie Busters'

Each group has their own breakfast bowl (hoop)

Scatter food and drink cards around the floor and cover them with cones. Brekkie Busters build a healthy breakfast by travelling, one at a time, searching for one piece of healthy food and returning it to their own plate (hoop). If they uncover an unhealthy food they must leave it under the cone and return to their group without a card to let the next person have a turn.

### Rules

Only 1 card can be lifted at a time

Play 1 minute at a time

The healthiest breakfast at the end wins, i.e. the bowl which is balanced with a wide variety of foods correctly placed within each of the food groups.

### Equipment

Food and Drink Cards  
Domes  
Hoops

## Food Group Chase



### How to Play

5 children are taggers and will each hold one of the coloured domes in their hands.

- Each dome represents one of the food groups:
- fruit and vegetables;
  - bread, rice, potatoes and other starchy foods;
  - milk and dairy foods;
  - meat, fish, eggs, beans and other non-dairy sources of protein;
  - food and drinks high in fat and/or sugar

If tagged, they must freeze in a position that represents the food group that they were tagged with.

e.g. Meat, fish, eggs, beans = standing and flexing their biceps (protein builds muscle).

Children can be untagged when another child taps them on shoulder and shouts 'eatwell'.

### Variation

In order for the children to be untagged, another player must come up to them and tell them a food that belongs in that food group. They need to come up with a different type of food.

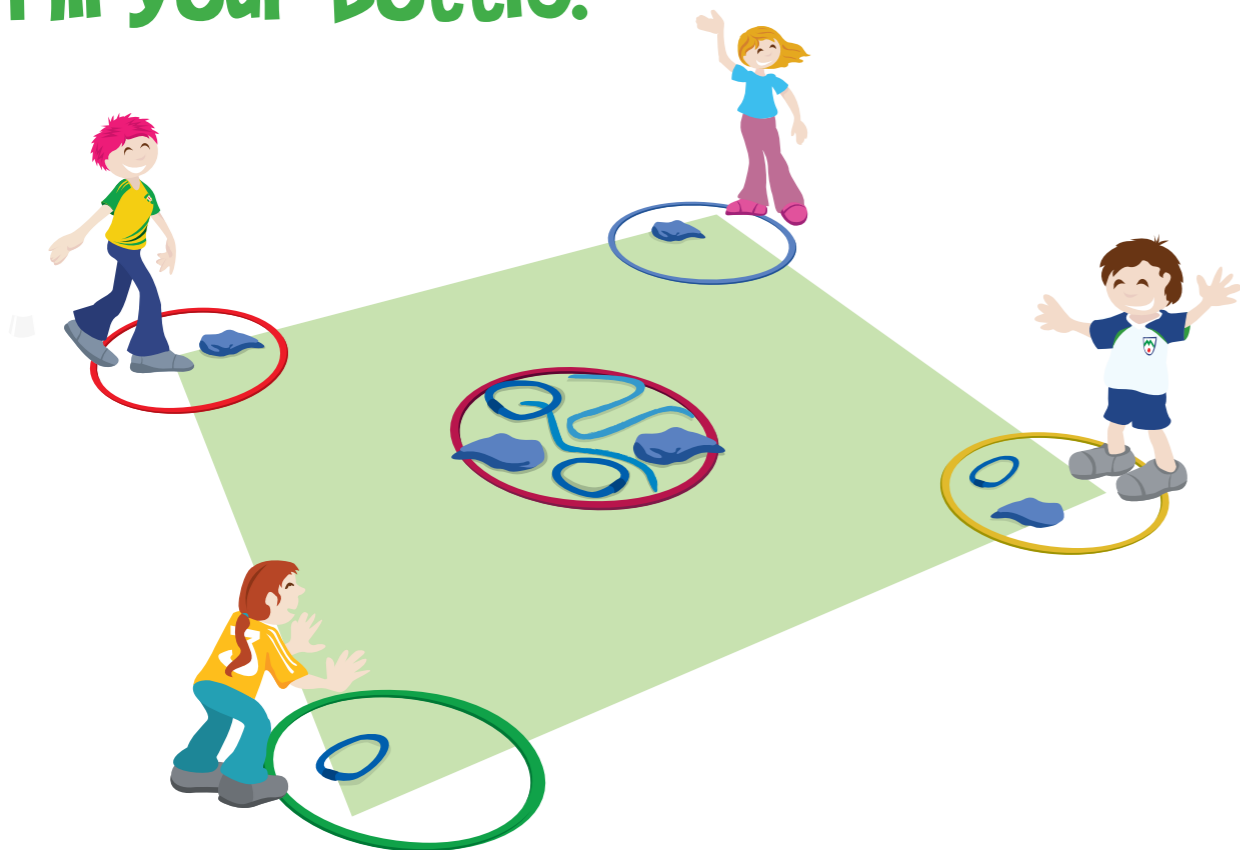
### Rules

The taggers will attempt to tag the other children gently with the dome. The dome cannot leave their hands.

### Equipment

Domes  
Cones

## Fill your Bottle!



### How to Play

Children are put into 4 groups and stand in line at one of the hoops (bottle) at the outside of the hall.

One large hoop is placed in the middle with numerous blue items inside; beanbags, ropes, quoits, balls, etc.

Children travel one at a time from their group and collect one piece of equipment from the middle hoop and return to group for next person to go.

The most hydrated team at the end wins, i.e. the team which has the most pieces in their hoop.

### Variation

Introduce 'Sugar Heads' who take water from other team's bottles and return them to the centre hoop.

Teams can take from each other's plates when the centre plate is empty.

### Rules

Only 1 drop of water can be lifted at a time

Play 1 minute at a time – until the centre hoop is empty

### Equipment

Beanbags, Ropes, Quoits, Hoops

## Build a Game



### How to Play

Organise the children into small groups and provide each group with a few items of games equipment, e.g. cones, bean bags.

Challenge them to create an activity which will contribute to their 60 minutes a day (make them feel warmer, breathe harder and make their heart beat faster).

Ask children to show the rest of the class how the game is played and explain the rules which they have made to play the game.

### Variation

Let the children choose the equipment they need, however limit them to using only 3-4 pieces.

Ask the children to focus on one specific skill, i.e. throwing and catching.

Children rotate around the other groups and play the games that classmates have developed.

### Rules

Include and value the ideas of everyone in group.

### Equipment

Balls, Beanbags, Ropes, Cones

## 5 a Day Joe




This is Joe. Can you Plan how he can eat at least 5 A DAY and when he will eat them. Draw the different things he can eat around the picture of Joe. Colour in the picture in your County or Club team colours.



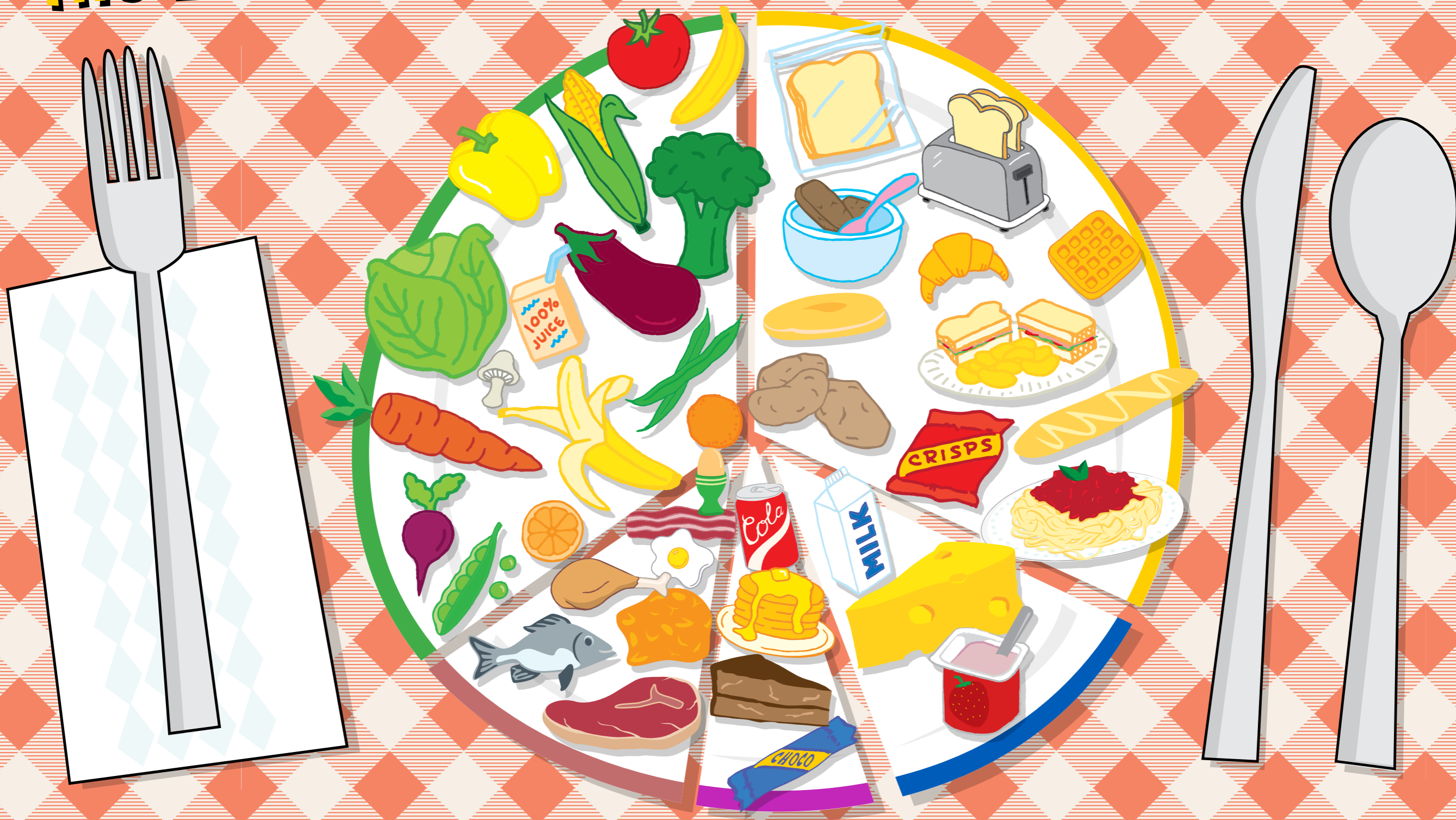
## Class Resource Sheets

### The Healthy Breakfast Game

Can you Plan a Different healthy menu for each of the following three days? Include at least two food items and one drink.

Sunday	Monday	Tuesday
You've been given some newly laid eggs and want to include them in today's menu.	It's sports day at school. You're going to need lots of energy.	You want to try something completely new as part of your breakfast.
		

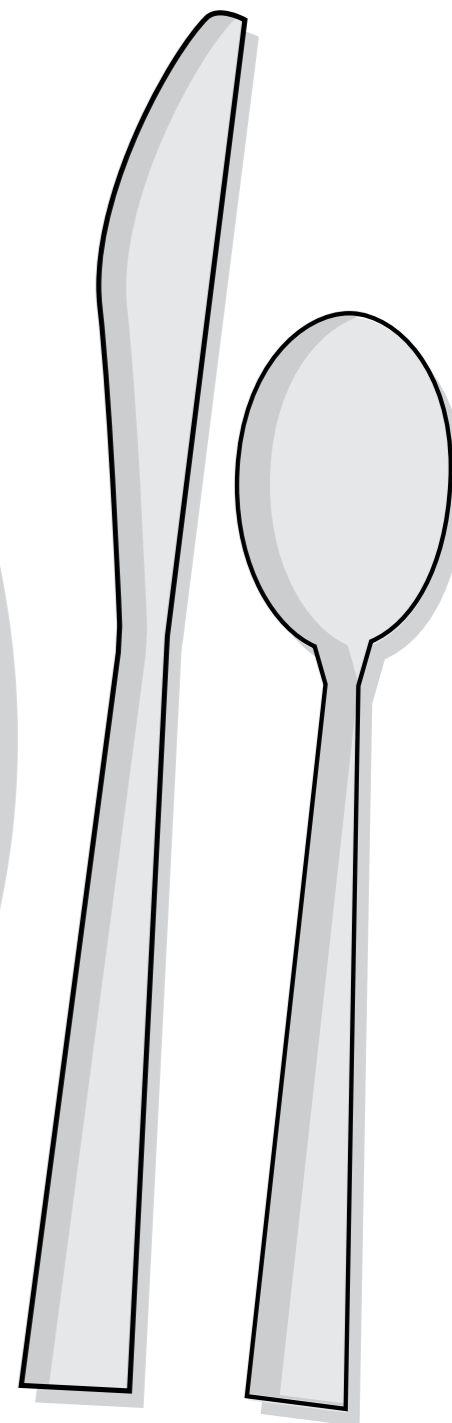
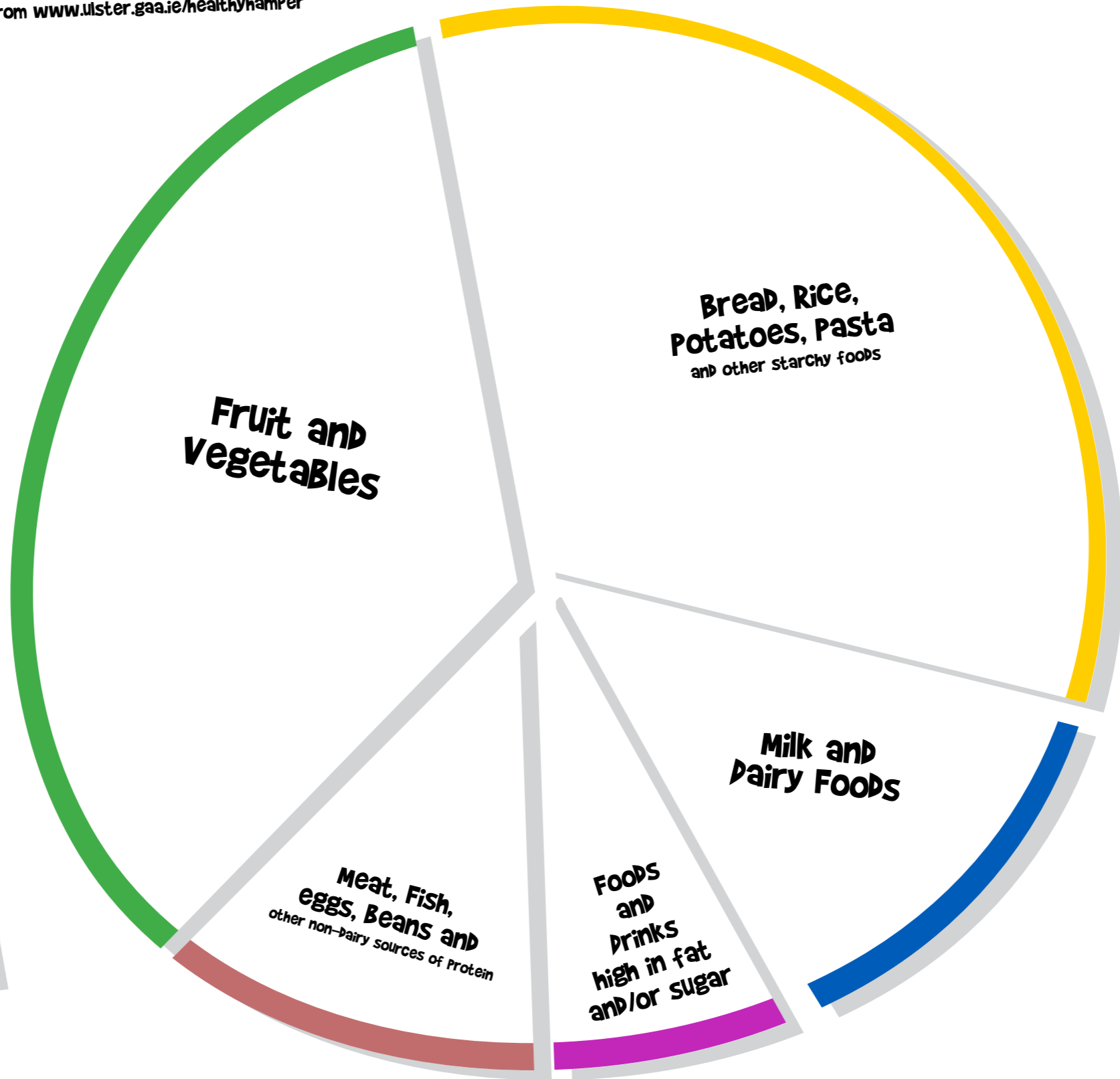
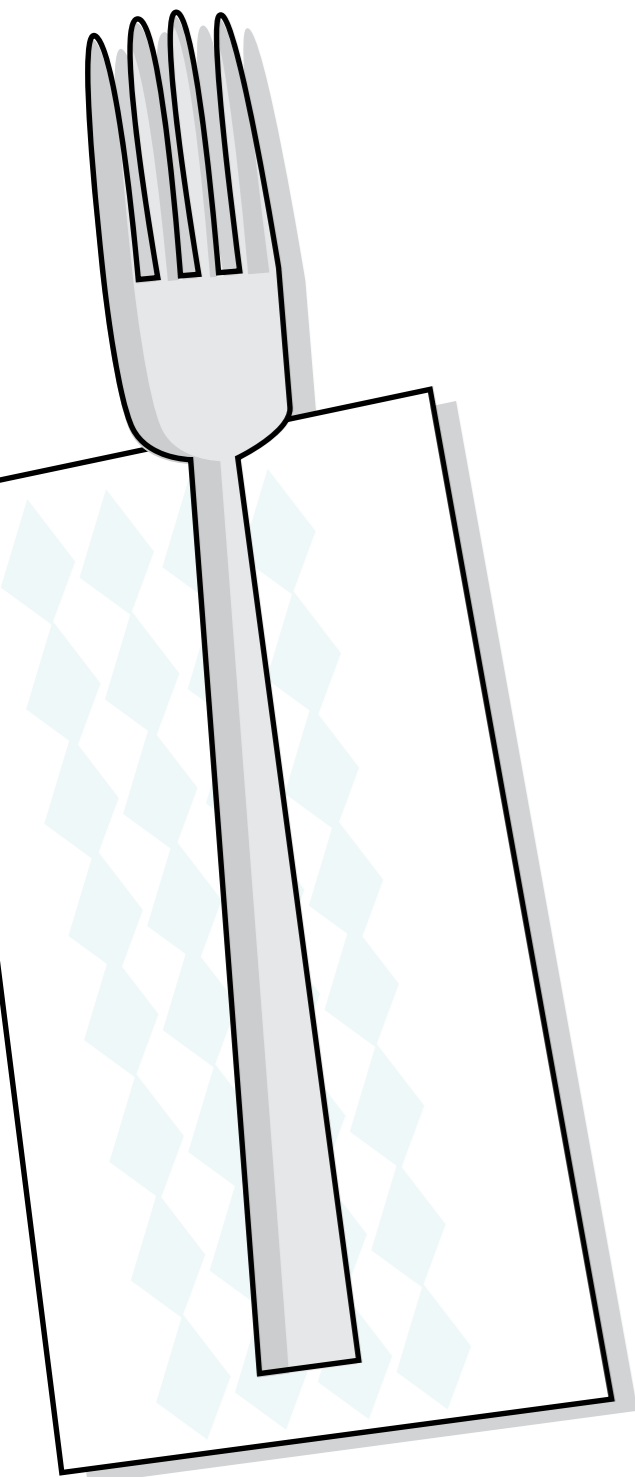
# The Eatwell Plate



## The Eatwell Plate

Additional copies available for download from [www.ulster.gaa.ie/healthyhamper](http://www.ulster.gaa.ie/healthyhamper)

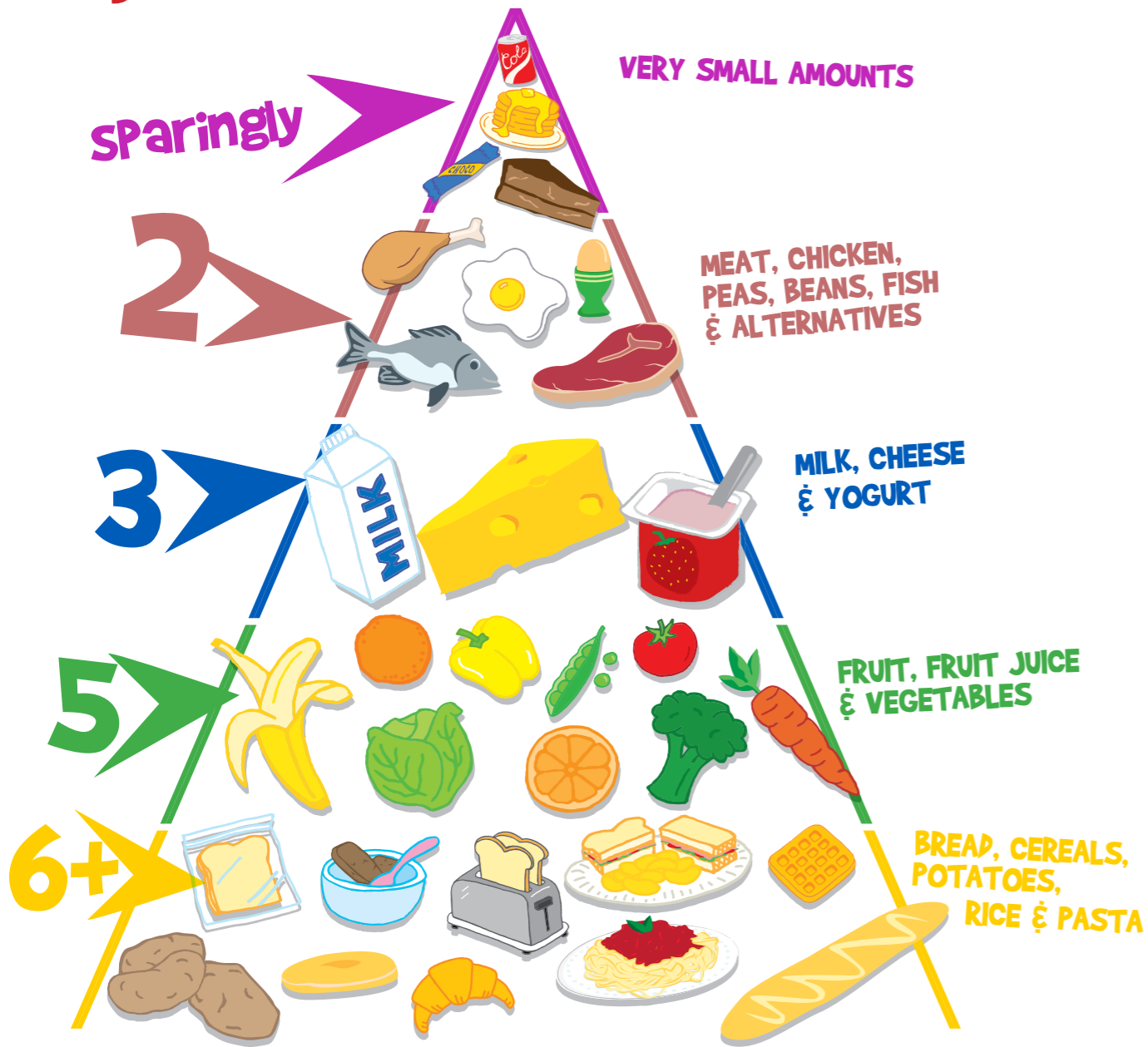
Using the Food cards Can you Place the food into the right groups on the Plate Below





# The Food Pyramid

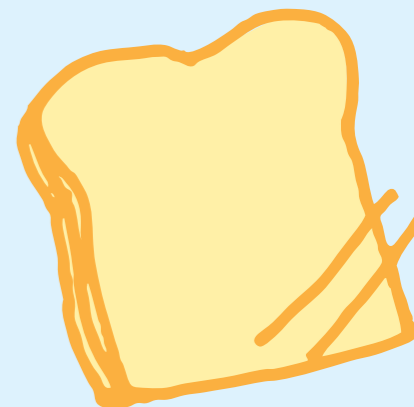
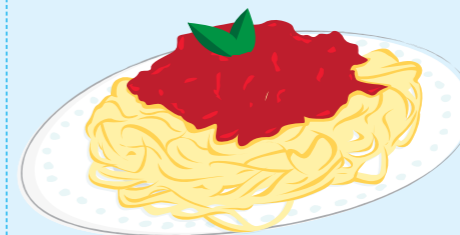
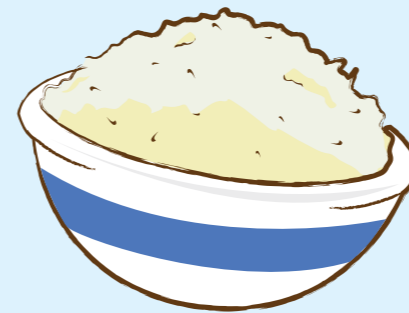
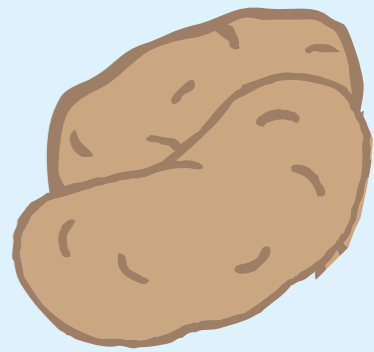
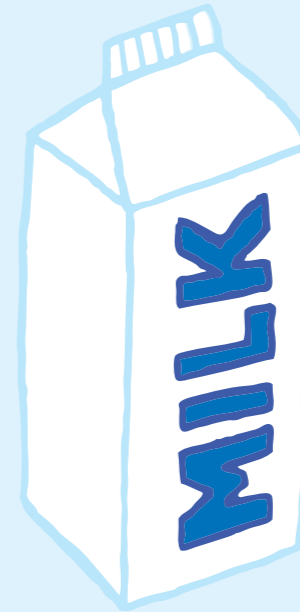
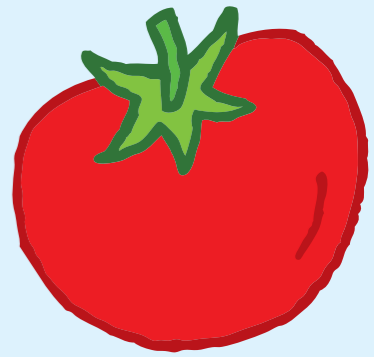
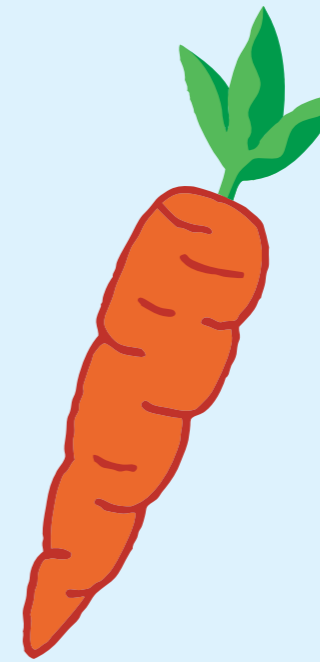
## Food cards

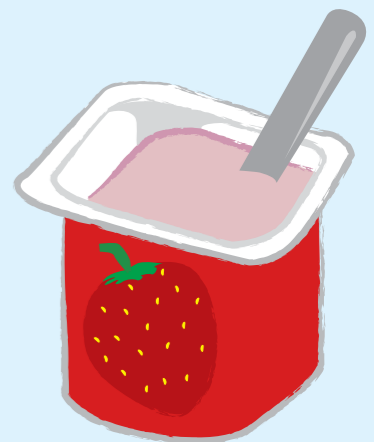
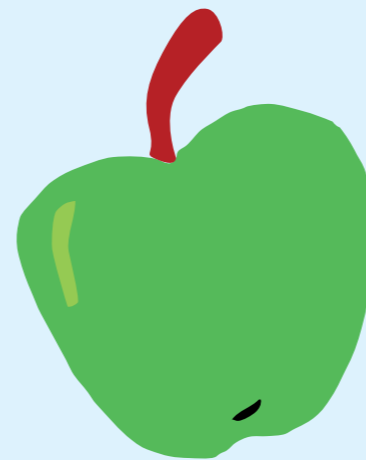
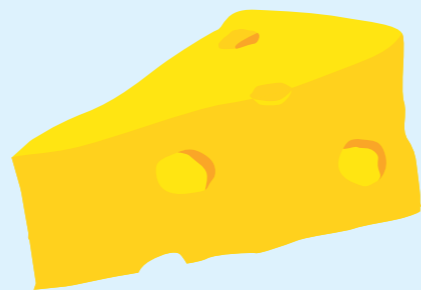
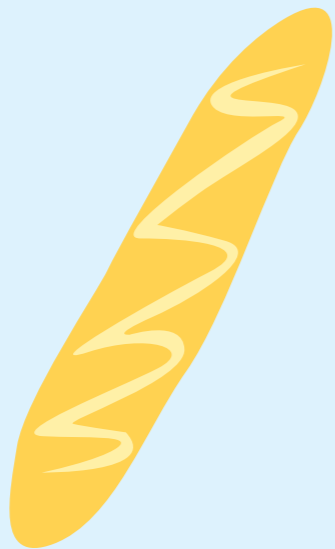
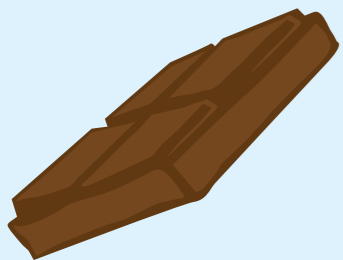
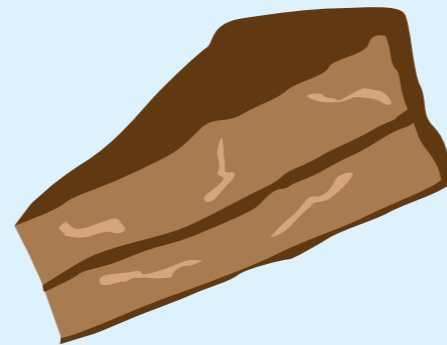
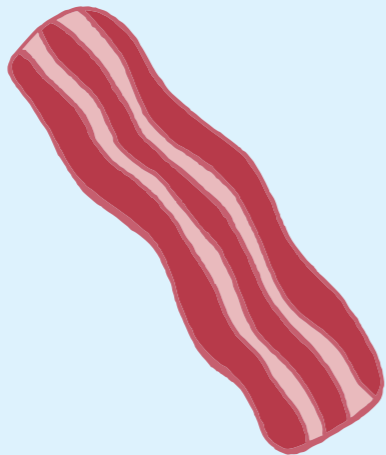
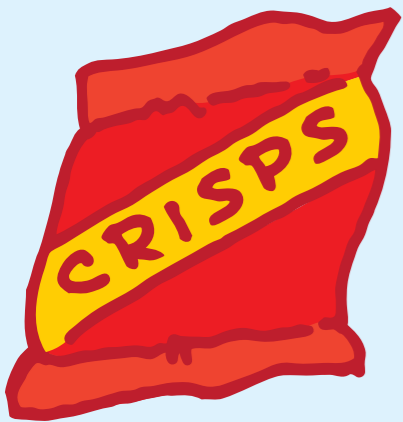
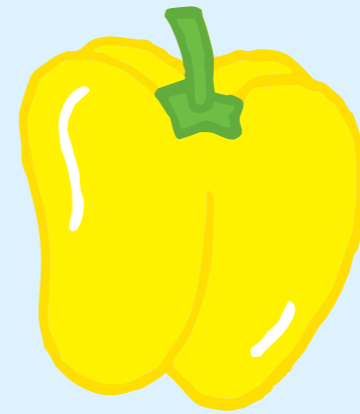
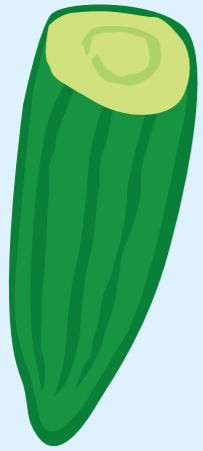


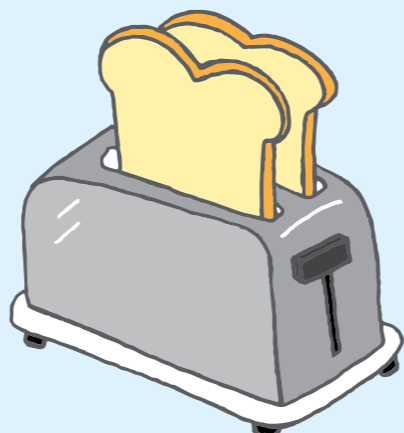
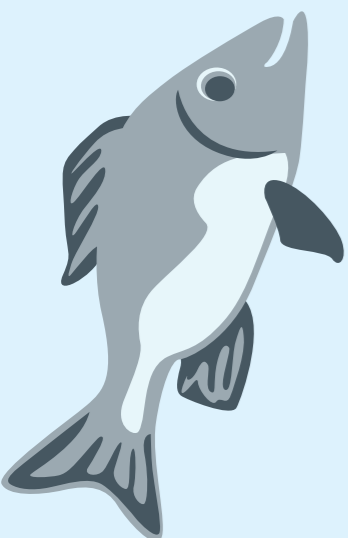
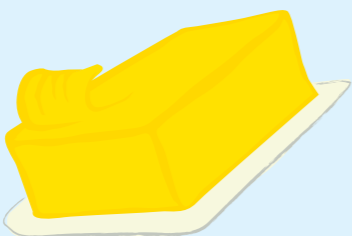
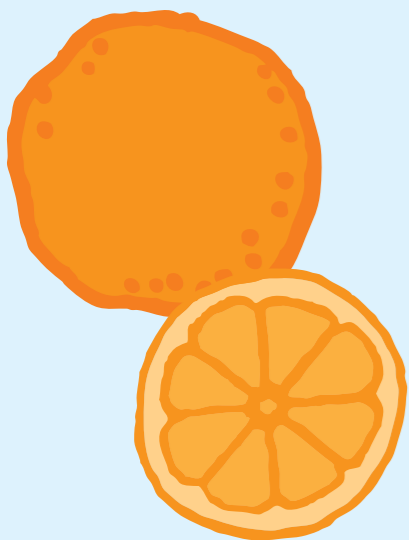
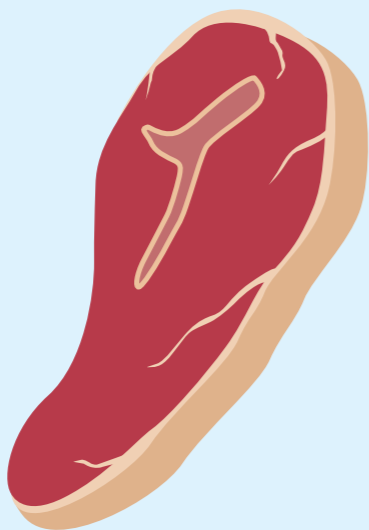
Food Pyramid servings above are suitable for children from 5 years of age

Children should do at least 1 hour of moderate intensity activity, most days of the week

For younger children, start with smaller and fewer servings and increase up to the guidelines recommended, according to the child's own growth and appetite.







# Class Resource Sheets

## Drinking Diary

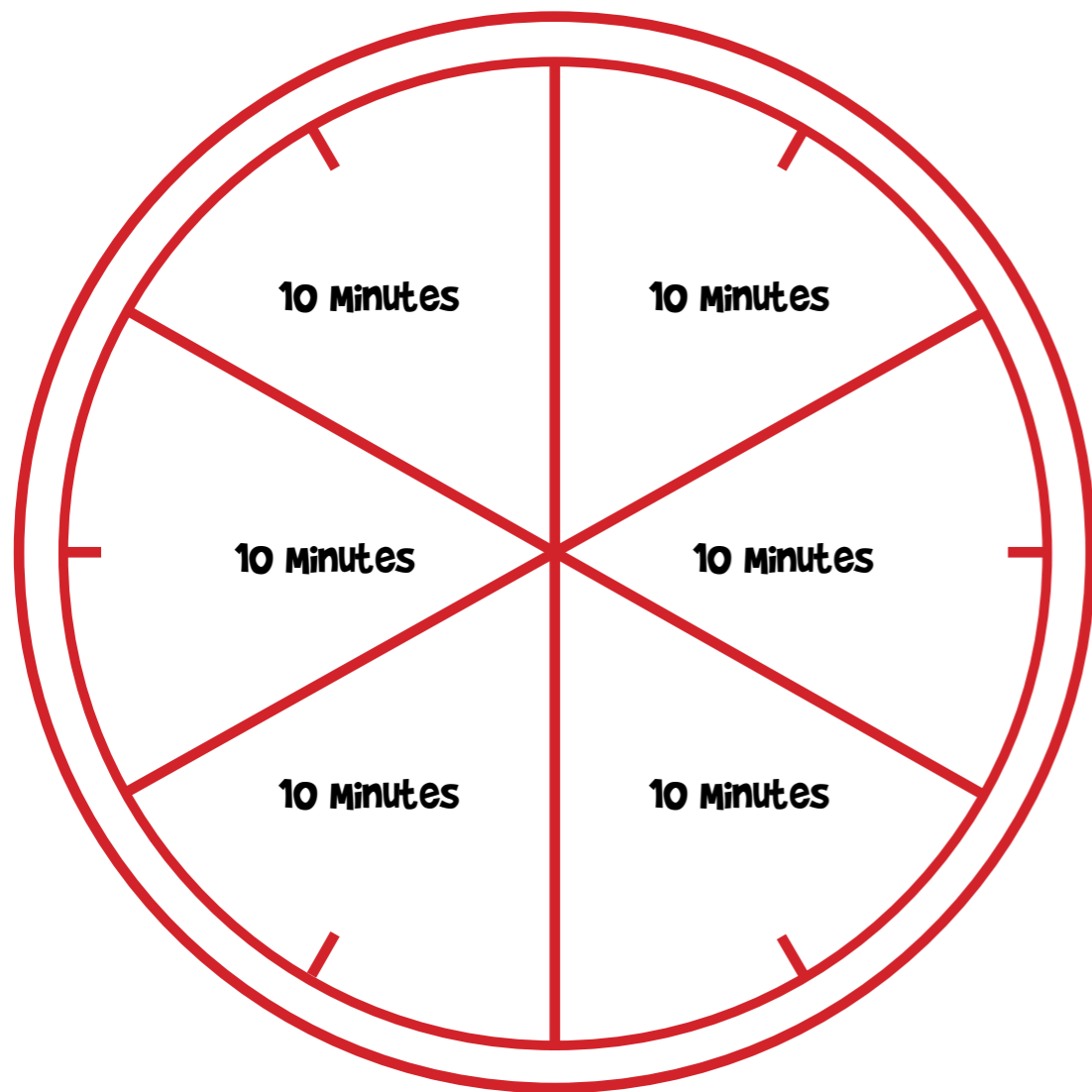
colour a glass each time you have a drink.

Day	Number of Drinks
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

List the different types of drinks that you had

# Activity clock

Can you colour in the clock to show how much exercise you did today?  
Write outside the clock the different things you did.



# Parent/Guardian Healthy Choices Fact Sheet



Ulster GAA is trying to encourage children to live a healthier lifestyle through taking regular exercise and eating properly, and we would like you to play a part in this.

Our busy lifestyles can be hard on our family's health. Rushing to and from school and work can make it hard to find time to be physically active. We can also slip into the habit of choosing unhealthy snacks and take-away foods or spending our free time watching TV or in front of the computer.

However, these choices can be dangerous for our health and our children's health – both now and in the long-term. That's why it's so important to stop, take stock and make a conscious decision to follow a healthy lifestyle.

There are five simple ways for your family to lead a healthy lifestyle and get back on track:

### Get active each day

- Regular physical activity is important for the healthy growth, development and well-being of children and young people
- They should get at least 60 minutes of physical activity every day, including vigorous activities that make them 'huff and puff'
- Parents should be good role models and have a positive attitude to being active

### Choose water as a drink

- Water is the best way to quench your thirst – and it doesn't come with the added sugar found in fruit juices, soft drinks and other sweetened drinks
- Reduced fat milk for children over two is a nutritious drink and a great source of calcium.
- Give kids whole fruit to eat, rather than offering fruit juices that have a lot of sugar



### Eat more fruit and vegetables

- Eating fruit and vegetables every day helps children grow and develop, boosts their vitality and can reduce the risk of many chronic diseases
- Aim to eat five portions of these each day
- Have fresh fruit available as a convenient snack and try to include fruit and veggies in every meal

### Switch off the screen and get active

- Sedentary or 'inactive' time spent watching TV, surfing online or playing computer games is linked to kids becoming overweight or obese
- Children and young people should spend no more than two hours a day on 'small screen' entertainment
- Plan a range of active indoor and outdoor games or activities for your children, as alternatives to watching TV or playing on the computer

### Eat fewer snacks and select healthier alternatives

- Healthy snacks help children and young people meet their daily nutritional needs
- Snacks based on fruit and vegetables, reduced fat dairy products and whole grains are the healthiest choices
- Avoid snacks that are high in sugar or saturated fats – such as chips, cakes and chocolate – which can cause children to put on excess weight



# Stay in touch With Ulster GAA for more classroom learning fun!

visit [www.ulster.gaa.ie/livetoplay](http://www.ulster.gaa.ie/livetoplay) this autumn to learn about  
Road Safety through interactive Games and Puzzles.

And while you're there,  
why not enter Your class  
into the Live to Play  
Colouring Competition  
for a chance to Win  
a full set of  
School Bags!



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