

# SPORTS FUEL

St Peter's Catholic School  
Edition 3, Term 2 2014

## Inquiry Unit on Healthy food and Nutrition

Following on from Term 1 with their Inquiry Unit on Healthy Food & Nutrition, Rooms 4 & 5 last Friday went a step further with their "Cafe 45". They have been busy in class working out a healthy and balanced lunch which needed to include bread, fruit, vegetables, fibre and a drink. This term they have been trying out recipes which were then marked out of ten on their taste, healthiness, cost and ease of preparation. The resulting apple muffins and banana & berry smoothies then gained a place on the menu. A survey for wraps or sandwiches and fillings was held - ham, lettuce, cucumber or cheese came up trumps. The final item on the menu was muesli bars which the students used the healthy criteria to choose a recipe.

The classes were then involved in every aspect, from purchasing ingredients, making packaging, advertising, to producing the very tasty lunch menu. A huge thank you to Mrs Gordon, Mrs Deeley and the wonderful parents who helped to make the cafe the success it was. Well done on a very tasty menu.



## WINTER SPORT

The colder days are signalling the start of the winter sport season. This year we are fielding five netball teams, 3 hockey teams, and one rugby team. Many of our students are also involved in combined rugby, hockey (Year 7 & 8) and soccer teams. To date teams have been performing well and enjoying the camaraderie that team sports offer.

Our year 7 & 8 and Year 6 netball teams recently competed in the annual Morrinsville Tournament. They both performed very well and enjoyed the experience.



It's important to keep fit and healthy especially during the winter season. Although it seems tempting to just sit around on the couch all day with a mug of hot chocolate, a sedentary lifestyle may lead to extra weight gain. The extremely cold temperature also weakens the body, allowing simple ailments, such as a cold, to attack. So during these months, put on your warm clothes, step out of your home, and get a game or two going.

## Did you know ....

- Adding a pinch of salt can enhance the natural sweetness in many foods, especially fresh fruit.
- The distinctive feijoa aroma is due to a naturally-occurring compound called methyl benzoate, which is used in perfumes.
- Eat the skin of an apple and you'll consume two to six times the antioxidants of apple flesh!
- Powerade sotionic (750 ml) contains 11.3 teaspoons of sugar.



## Energy support for active kids

For kids to perform at their best, it's important for them to eat the right foods. Each child has different energy needs based on the physical activity they do. Here are three simple ideas to help kids maintain a healthy energy level:

1. **Timing of eating** - to maintain energy levels over the day, active kids need five to six small meals per day, or three meals plus two to three healthy snacks.



2. **Refuelling** - give back to the body what's been used up during being active. Some healthy refuelling snacks include a banana or other fruit, cheese and crackers, or a cup of yoghurt.
3. **Water is best** - drinking water before, during, and after physical activity (or an event) is the best way to stay hydrated.