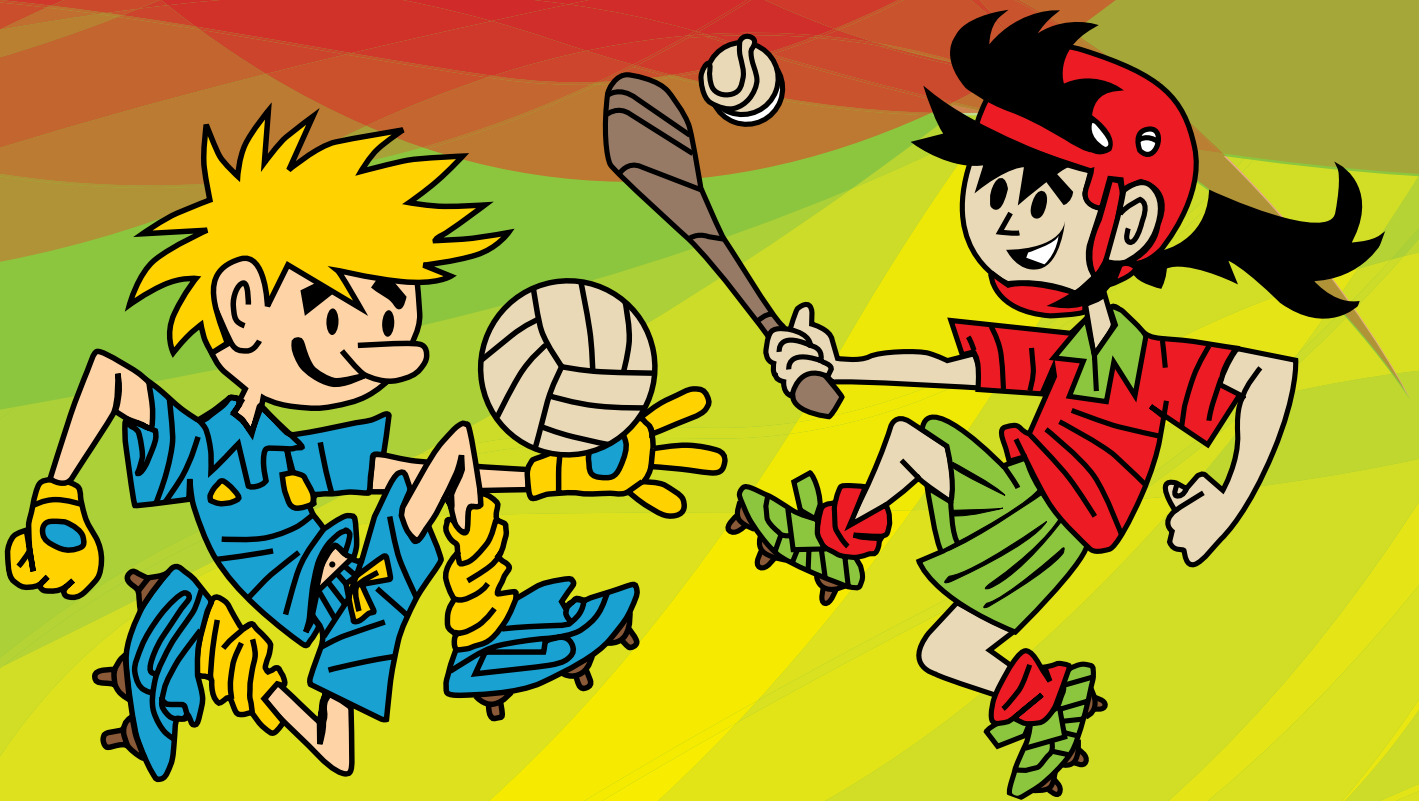




# Ulster Council GAA Health Booklet



Name: .....

Class: .....

School: .....

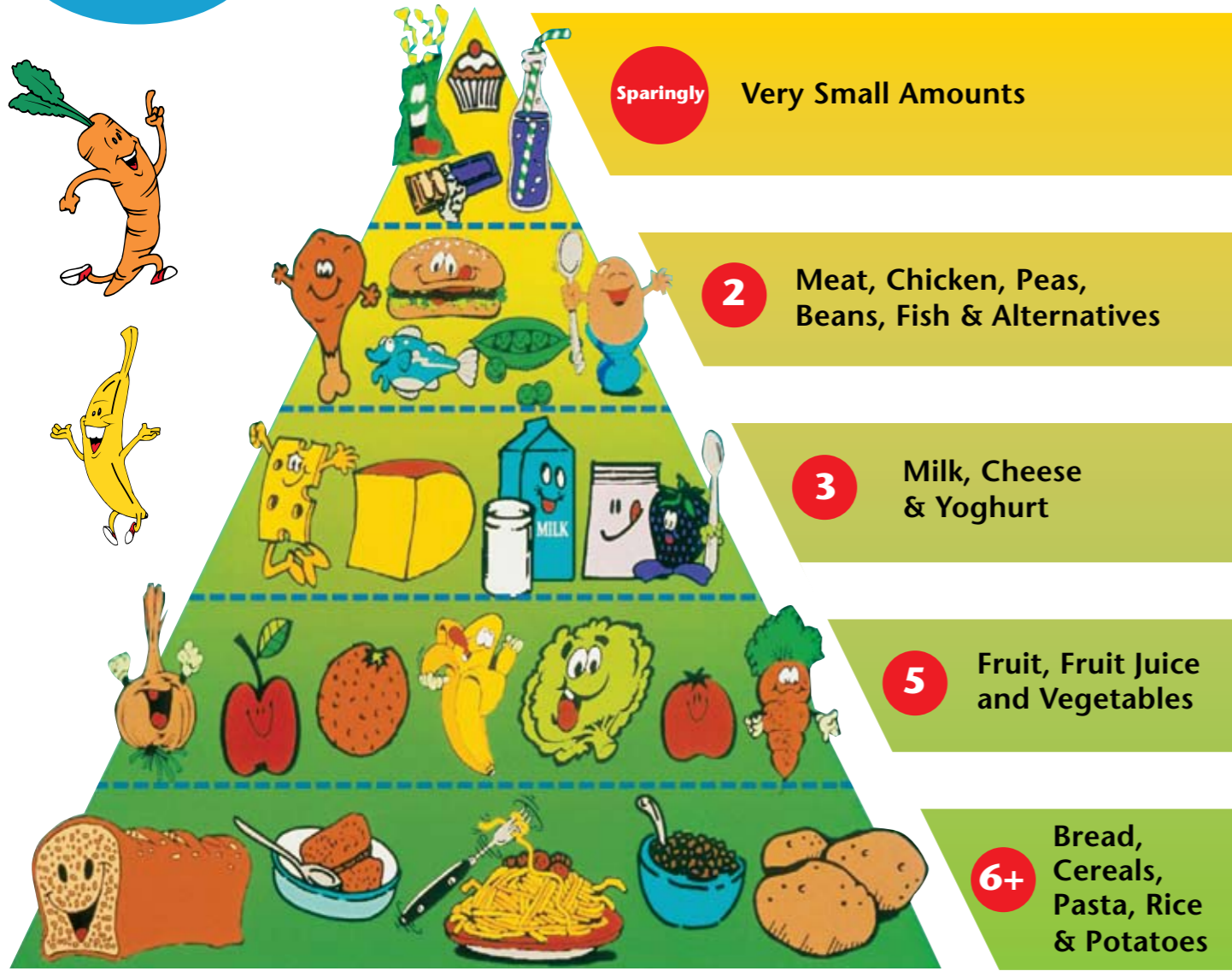
supported by



# The Food Pyramid



Drink Plenty of Water



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.

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

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

# 5 a Day – Fruit & Vegetables

## What counts as 1 portion?

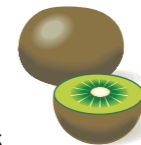
**1 Medium Sized Fruit**  
Apple / Orange / Pear / Banana



**2-3 Tablespoons**  
Tinned Fruit / Fruit Salad



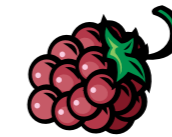
**2 Small Fruits**  
2 Mandarins / 2 Kiwi Fruit / 2 Plums



**1 Small Glass**  
Fruit Juice



**1 Cupful**  
Grapes / Strawberries / Raspberries



**2 Tablespoons**  
Cooked Vegetables



**1 Desert Bowl**  
Vegetable Soup / Salad



## You can count fruit or vegetables that are:

- ✓ Fresh
- ✓ Frozen
- ✓ Dried
- ✓ Tinned

List your favourite fruits and vegetables and do a drawing of each:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

# Breakfast ... the most important meal of the day

The word 'breakfast' = you're breaking your overnight fast

Your body and brain need fuel each morning!



- ✓ You won't feel so hungry
- ✓ You'll concentrate better
- ✓ You'll have stronger bones and teeth
- ✓ You'll do better at school



Here are some great breakfast ideas:

Porridge/muesli/bran or wheat cereals



Wholemeal toast with banana, peanut butter or jam

Eggs and toast



Plus a glass of fruit juice or milk or fruit smoothie

Do you have breakfast each morning? Yes / No

How can you make your breakfast healthier?

.....  
.....  
.....

Draw a picture of your favourite breakfast

# Water

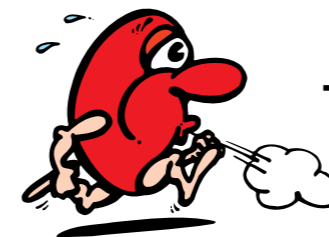
Your body is made up of 60% water, but loses some by:

Sweating

Talking and Breathing

Using the Toilet

Through your Skin



If you don't replace the water you lose you will become tired quickly and will have less energy

You should drink 6 to 8 glasses of fluid each day

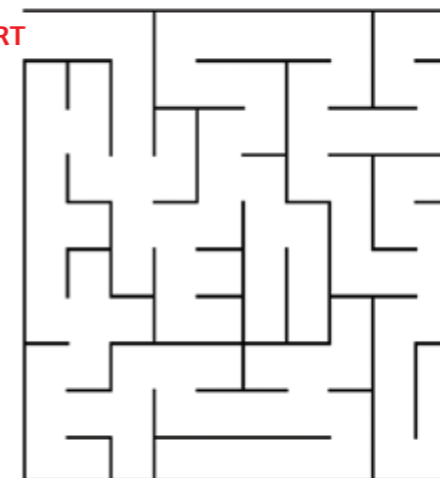
(even if you aren't thirsty)

Most of this should be water but you can

also have sugar free juice and milk!



START



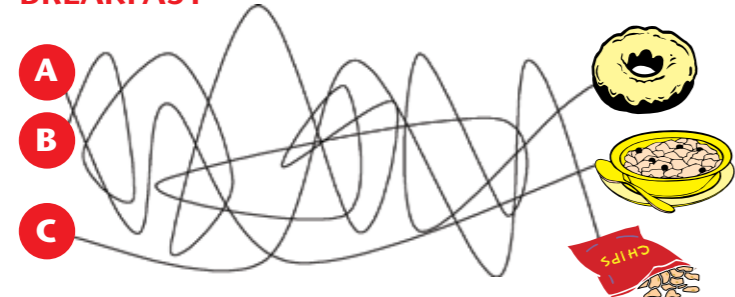
FINISH

Bring a Water Bottle to Training!

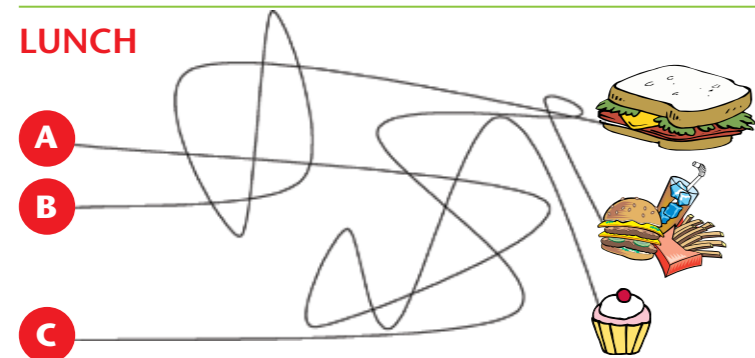


Conor eats a healthy diet. Can you find him a healthy meal for breakfast, lunch and dinner by telling him if it's A, B or C each time?

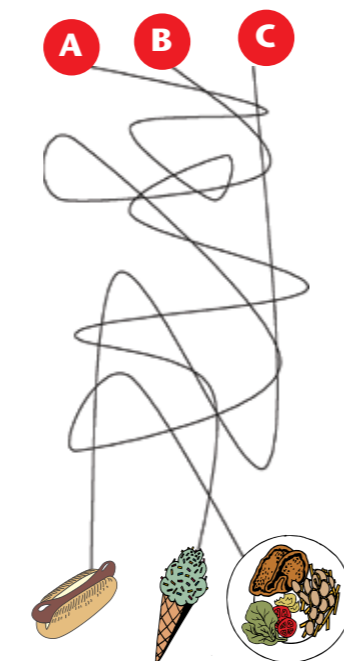
**BREAKFAST**



**LUNCH**



**DINNER**



Claire has a match and needs to pack a **HEALTHY LUNCH** and **HER KIT**. Help her out by drawing a line from the pictures to her bag.

Use one colour for **LUNCH** and another for the **KIT**:



# My Menu

Design a healthy menu for each meal by drawing a picture in each box.

<p>Breakfast</p>	<p>Lunch</p>
<p>Dinner</p>	<p>Supper</p>

Draw a circle around the snacks you would eat during the day

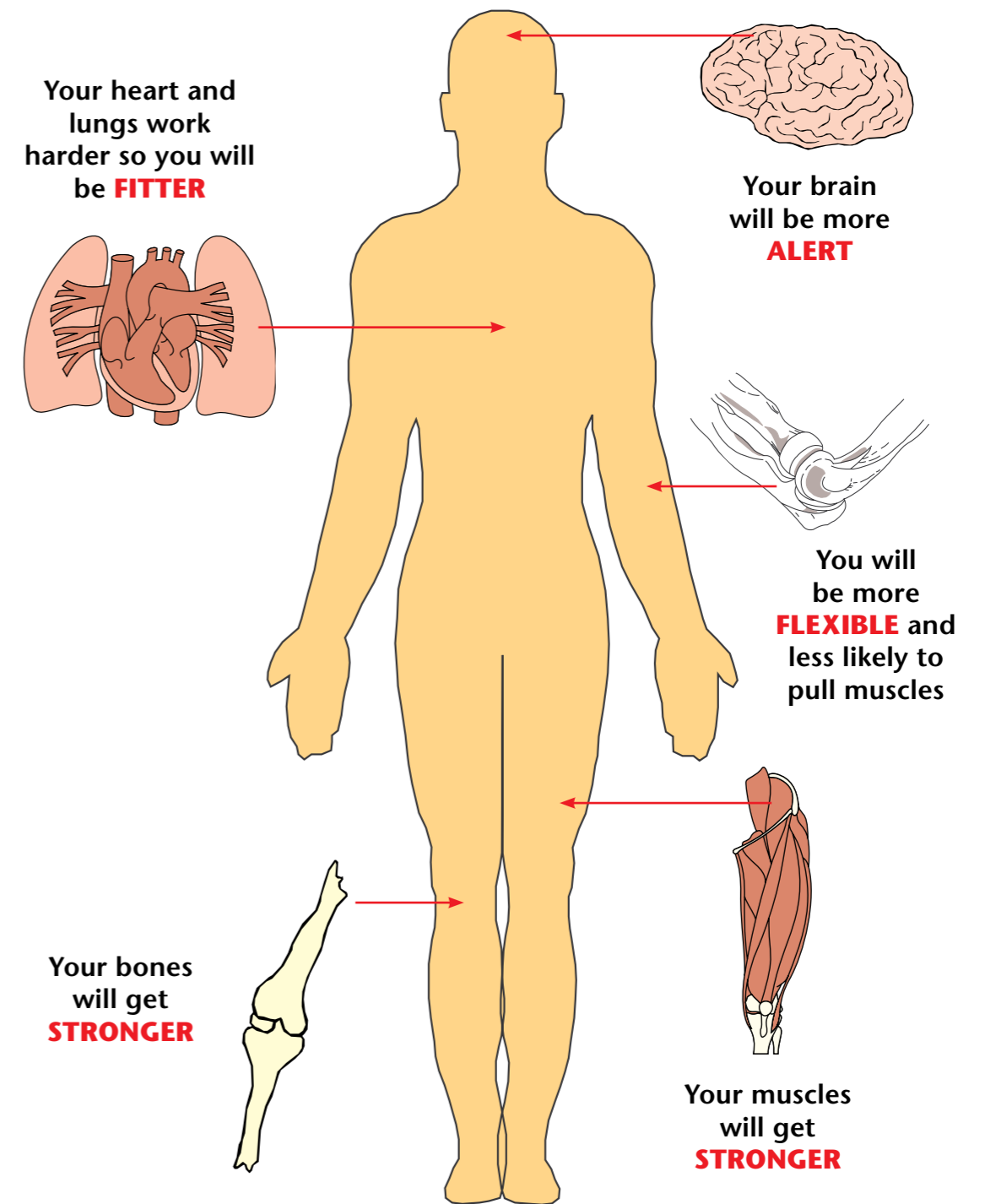


# Join the Dots!

Joint the dots then colour in each food

# Get Active, Get Healthy!

As well as eating healthy it's important that you are active.  
Exercise keeps all your organs and muscles healthy!



# Healthy Eating Quiz

Fill in the blanks using the words at the bottom of the page

1. This is the best thing to drink if you are thirsty \_ \_ \_ \_ \_ r
2. Eating one of these helps towards your 5 a day \_ p \_ \_ \_
3. This drink is really good for healthy teeth and bones M \_ \_ \_ \_
4. Bread, rice, pasta and potatoes give you lots of this \_ \_ \_ \_ \_ g \_
5. Too many of these are bad for teeth \_ \_ e \_ \_ \_
6. It is really important to eat this every morning \_ \_ \_ \_ \_ \_ \_ \_ \_ t
7. A less healthy way to eat potatoes \_ \_ i \_ \_

**Breakfast • Milk • Energy • Apple • Chips • Water • Sweets**



# How healthy is your eating?

1. How often do you eat breakfast?  
a) every day    b) 3 – 4 times a week    c) never / rarely
2. How often do you have sweets, crisps, chocolate, fizzy drinks?  
a) once or twice a week    b) most days    c) more than once a day
3. How often do you eat foods like potatoes, rice, pasta, bread and cereals?  
a) more than once a day    b) most days    c) once or twice a week
4. How often do you eat foods like fried food like chips or take-aways?  
a) once or twice a week    b) most days    c) every day
5. How many times do you eat fruit and vegetables each day?  
a) 5 times    b) 2 or 3    c) 1 or less
6. Each day how many times would you have a glass of milk, a yoghurt, cheese?  
a) 2 or 3    b) 3 or more    c) 1 or less
7. How often each day do you eat meat, fish, eggs or lentils?  
a) 1 or 2    b) 2 or more    c) never
8. How much water do you drink each day?  
a) 8 glasses    b) 4 – 6 glasses    c) less than 2 glasses


**Mostly A** - Well done. You are eating a healthy balanced diet and don't seem to be missing out on key food groups, vitamins or minerals. Keep up the good work.

**Mostly B** – You are doing OK but could make some changes to your diet and eating habits. These changes will benefit you now and for the future. Eating the proper foods regularly, choosing healthy snacks and eating more fruit and vegetables are some of the steps you can take.

**Mostly C** – You really need to make some changes or your health could start to suffer. Check out the food pyramid to see where you are going wrong.

# WEEK 1

Fill in the table below to show what you ate and drank this week.

Mark with a  every time you ate one of the foods listed.

	MON	TUES	WED	THURS	FRI
Did you have breakfast?					
Bread, cereals, potatoes, rice & pasta					
Fruit & vegetables					
Milk, cheese & yoghurt					
Meat, chicken & fish					
Sweets, chocolates, fizzy drinks					
Fried foods					
Water					

I am proud of myself this week because I .....

.....  
 .....

Next week I think I can improve by .....


.....  
 .....

I think my efforts earned me ..... / 5



# WEEK 2

Fill in the table below to show what you ate and drank this week.

Mark with a  every time you ate one of the foods listed.

	MON	TUES	WED	THURS	FRI
Did you have breakfast?					
Bread, cereals, potatoes, rice & pasta					
Fruit & vegetables					
Milk, cheese & yoghurt					
Meat, chicken & fish					
Sweets, chocolates, fizzy drinks					
Fried foods					
Water					

I am proud of myself this week because I .....

.....  
 .....

Next week I think I can improve by .....

.....  
 .....

I think my efforts earned me ..... / 5



# Nutritional Information for Parents/Guardians

Everyone wants the best start in life for their children. Encouraging children to eat a healthy and balanced diet is one way of doing this. Good nutrition in childhood is essential to ensure growth and development and to prevent tooth decay. What your child eats now could affect their health in the future. Establishing good eating habits in childhood means they will be more likely to eat healthily as they grow up.

The Ulster Council 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. It's not always easy or convenient to eat the right foods all the time, but here are some suggestions as to how you can help your child eat a healthy and balanced diet.

## Ensure your Child has Breakfast

Breakfast is a really important meal because your child has gone about 10 hours without food overnight. Their energy levels will be low and both their body and brain needs food. Children who eat breakfast will find it easier to concentrate at school and won't be as likely to snack on sugary foods mid morning. While any breakfast is better than none, opt for healthy varieties such as porridge, cereal, wholegrain toast, eggs, yoghurt and fruit etc. These will give your children the energy they require and keep them full for longer.

## Eat Regular Family Meals

Research has shown that children who eat regular family meals are more likely to eat fruits/vegetables/ grains and less likely to snack on unhealthy foods.

## Stocking Up on Healthy Foods

Children, especially younger ones, will eat mostly what's available at home. That's why it's important to control the supply lines - the foods that you serve for meals and have on hand for snacks. Follow these basic guidelines:

- Work fruit and vegetables into the daily routine, aiming to eat 5 servings a day. Some ways to increase your child's intake include; drinking a glass of fruit juice at breakfast, adding fruit to yoghurt or cereal, serving vegetables through pasta and rice.
- Make it easy for your child to choose healthy snacks by keeping fruit and vegetables on hand and ready to eat, and limiting the availability of crisps and sweets.
- Serve lean meats and poultry as well as other good sources of protein, such as eggs and nuts.
- Choose whole-grain breads and cereals so your child gets more fibre.
- Limit fat intake by avoiding deep-fried foods and choosing healthier cooking methods, such as boiling, grilling, roasting and steaming.
- Limit fast food and other low-nutrient snacks, such as chips and sweets. But don't completely ban favourite snacks from your home. Instead, make them "once-in-a-while" foods, so your child doesn't feel deprived.
- Limit sugary drinks, such as fizzy drinks. Serve water, sugar free cordial, fruit smoothies or milk instead.

## Be a Good Role Model

The best way for you to encourage healthy eating is to eat well yourself. Children will follow the lead of the adults they see every day. By eating a balanced diet yourself, you'll be sending the right message.

## Enjoy Food!

Enjoy your food and don't forget that a balanced diet includes ALL food groups – so never totally eliminate any from your diet!

# Nutrition Advice

Read through this with your child!

## Fruit & Vegetables

- These contain vitamins and minerals so are great for your health
- You should try to eat 5 portions of these each day – e.g. fruit juice or smoothie at breakfast, fruit or salad at lunch and veggies with your dinner!

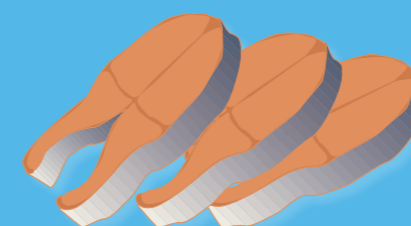
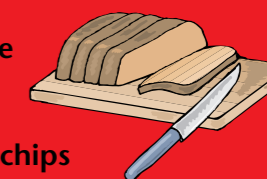


## Milk, Cheese and Dairy Products

- These contain calcium and are really important for healthy teeth and bones
- Have 2 or 3 servings each day: a glass of milk, a yoghurt or a piece of cheese is a serving

## Bread, Potatoes and Other Cereals

- These are a great source of energy
- Each meal you eat should contain at least one of these
- Try to eat high fibre versions – like brown bread
- Try to eat less of these food when cooked in fats e.g. chips



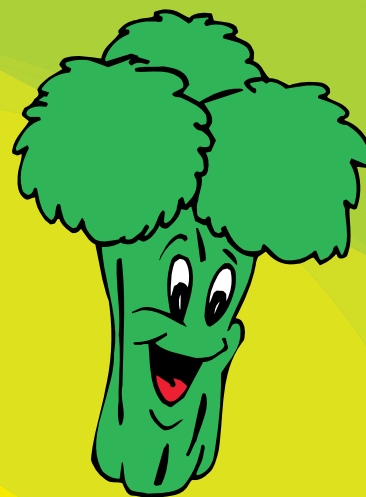
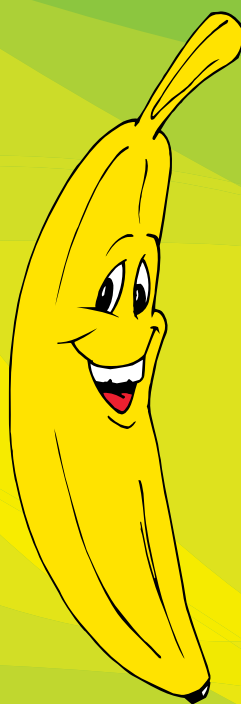
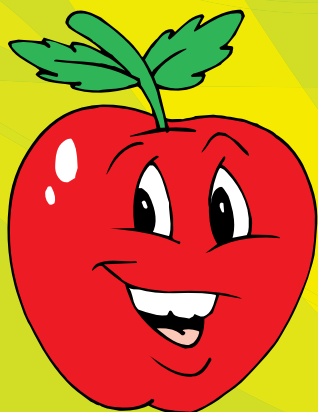
## Meat, Fish and Alternatives

- Try to eat 2 servings of these each day
- Choose from fish, poultry, lean red meat, peas, beans or nuts
- Make sure any fat is removed from the meat

## Foods Containing Fat or Sugar

- Most people love these types of foods but they can be bad for teeth and health
- Sweets, crisps, chocolate and fizzy drinks are in this group
- We should try to eat these as few times as possible and in small amounts





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