



Lambeth

of maintaining good health and feeling 100%.





Remember eating a balanced diet is just one part

Find more at: www.lambeth.gov.uk/feel100





hy-rits spamsman swap a takeaway tor a

and chuck into a pan with some soy sauce! a simple stir-try! Chop up any veg you like and healthy one for you and your mates a greasy takeaway, why not cook a quick Top Hip: Instead of filling yourself with

## sdoms hyfloatt 9

and full of energy! your diet could make you teel more tocused movi sprint (hitealthy things from

tor popcorn. sweet potato wedges, swap a bag of crisps oatmeal bars, swap tries for homemade Top Hip: Swap chocolate for homemade

umu.lambeth.gov.uk/teenoo Find more fun food challenges online:



## Recipe: Quick pizza baguettes

2 tablespoons grated cheese, 2 tablespoons tomato purée

3. Spread the tomato purée on the top of each half of the baguette.

1. Preheat the oven to 350F/180 degrees/Gas Mark 4.

slightly browned and the cheese has melted

2. Slice the baguette in half lengthwise.

Ingredients:

Method:

# and the fun in the kitchen

your own meal twice a week for two weeks. Cook dinner for your family or prepare

See who can make the best family meal! Sound boring? Challenge your siblings.

svititsqmostse 🔥



This delicious pizza baguette is super easy to make and is perfect for when

1 medium baguette, 2 tablespoons sweetcorn, 1/4 green bell pepper, 1 tomato, 1 avocado (chopped),

4. Sprinkle the cheese, sweetcorn, chopped green pepper, avocado and sliced tomato on the top. 5. Place both the pizza baguettes on an oven tray and bake for 6-8 minutes until the baguettes are

you want to treat yourself!

to be the Judge. yourselves making it and get your mates up with the tastiest healthy recipe, film Challenge a friend to see who can come

place! (Have a look in this booklet for recipe ideas) BBQ in the park if your kitchen is a busy confd even try cooking it on a disposable prider vs spicy black bean burger... you healthy Nando's burger? Jerk chicken why not see who can cook their own .poinod syswis i'nsi booi yhilseH :qiH qol

## sabuallads boot FUN 2 WEEK

drinks for water p55it graus - 55it ant notic

contains a huge 9 teaspoons of sugar? Did you know that a can of regular Coke Why? Some Fizzy drinks are full of sugar.

put it in your bottle of water - you've made some mint for under 50p, slice it up and Sound borng? Buy a lemon, lime or

### wan Bnidtamos MT 2

your own healthy take on lemonade.

u Nonı meekiy syob<sup>.</sup> Try one new fruit and one new vegetable

when it's in season. Ized sti ta zi boot - Janozaes ob :qit qol

## 661 100%s of thom

FEEL 100%?

Fruit and veg contains loads of vitamins and

minerals to help you feel 100% everyday.

Inside this booklet, you'll find: fun food challenges, recipe

cards and food facts to

help you reach your

full potential.

WANT TO

yelp you reach those goals. will be alongside the foods you need to campaign to represent different goals and Below is a key which is used across the facts to help you reach your full potential. fun food challenges, recipe cards and food Feel 100% campaign. Inside you will find This booklet is a little taster of the

### oorlast/Ju.vop.ntsdmsl.www.isasron.gov.uk/teel100



Chilled-out Energised tuaptuos b980007

## Recipe: spicy black bean burger



These spicy black bean burgers are healthier than fast food and great to eat when chilling with your mates!

### Ingredients:

1 can black beans (drained and rinsed), 1/2 onion, 1 egg, 1 tablespoon chilli powder/flakes, 1 teaspoon cumin, 1 green bell pepper, 1/2 cup breadcrumbs

### Method:

- 1. Mash up black beans in a medium bowl, using a fork.
- 2. Chop up onion and pepper and stir in with the beans.
- 3. In a separate bowl, stir together the egg and the chilli powder/flakes and cumin.
- 4. Stir the egg mixture into the mashed beans and mix in the breadcrumbs.
- 5. Once the mixture holds together, divide into 4 patties.
- 6. Brush the pan with vegetable oil. Cook on a medium heat on both sides until brown and hot all the way through.
- 7. Serve in a bun, with salad. You could also make some homemade sweet potato wedges for a healthy, tasty side dish!

## Recipe: Banana oatmeal bars



These yummy bars will keep you full and provide you with a long period of energy.

### Ingredients:

4 cups rolled oats, 1 teaspoon cinnamon, 1 egg, 1 cup of raisins or dried apricots, 4 ripe bananas, seeds and nuts (optional), 1 teaspoon baking powder

### Method:

- 1. In a bowl, stir together the oats, baking powder and cinnamon.
- 2. In a separate bowl, mash up the bananas with an egg.
- 3. With a spoon, stir in the oats mixture to the mashed banana as well as the raisins or apricots and any seeds and nuts (if using)
- 4. Use a spoon to place the mixture into a square baking dish.

Feel 100% energised

turn to one of the foods below to help

When you need a burst of energy,

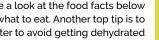
you feel totally energised:

- 5. Bake at 375F/190 degrees/Gas Mark 5 for 30 minutes until the oats become golden brown.
- 6. Leave to cool and then enjoy!

## Feel 100% focused

When you are revising or have an exam, you want to be focused. Take a look at the food facts below for suggestions of what to eat. Another top tip is to drink plenty of water to avoid getting dehydrated which can make you feel tired!

A salmon or sardine sandwich is a great way to get good fats into your everyday diet. Try mixing the fish with hummus or guacamole



### Wholegrain rice

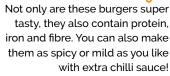
Whole grain varieties of starchy carbohydrates, such as wholegrain brown rice, provide a slow and steady release of energy throughout the day. Just what you need to keep you focused.





Sometimes you just need to take a break and to chill with your friends. Below are some great food choices which are delicious and good for you:

### Black bean burger



## Cauliflower crust pizza

This is a healthy alternative to a bread based pizza as cauliflower is rich in vitamins and minerals. Load up your pizza with lots of veggies for even more benefits.

Find recipes and more at www.lambeth.gov.uk/feehoo



protein and fibre, which can help you feel fuller for longer. Reach for unsalted nuts making it a better choice than snacking on sweets.

### Bananas

Bananas contain vitamins, minerals and fibre and can give you a quick boost of energy. This makes them great as a snack before and after exercise.

Find recipes and more at www.lambeth.gov.uk/feehoo



Feeling confident starts from within. Eating a healthy balanced diet can help you feel the best you can.

### get your s-a-Day. Eat a Rainbow

Choose fruit and veg of a variety of colours which are full of vitamins and antioxidants. They will keep you feeling

### Spinach

good and fighting fit!

Spinach is high in nutrients like iron and vitamin E which can help towards healthy skin. Hair, nails and skin can suffer if you're lacking in iron.

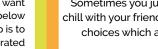
Find recipes and more at www.lambeth.gov.uk/feehoo



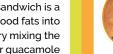














## Salmon/sardine sandwich

instead of mayo!