



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

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

Want to feel 100%?

WANT TO 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.



Fun 2 week Food Challenges

1 Ditch the fizzy - swap fizzy drinks for water

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

Sound boring? Buy a lemon, lime or some mint for under 50p, slice it up and put it in your bottle of water – you've made your own healthy take on lemonade.

2 Try something new

Try one new fruit and one new vegetable in your weekly shop.

Top tip: Go seasonal – food is at its best when it's in season.

Have fun in the kitchen

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

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

4 Get competitive

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

Top tip: Healthy food isn't always boring, why not see who can cook their own healthy Nando's burger? Jerk chicken burger vs spicy black bean burger... you could even try cooking it on a disposable BBQ in the park if your kitchen is a busy place! (Have a look in this booklet for recipe ideas)

Swap a takeaway for a homemade stir-fry

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



5 Health swaps

Why? Cutting out unhealthy things from your diet could make you feel more focused and full of energy!

Top tip: Swap chocolate for homemade oatmeal bars, swap fries for homemade sweet potato wedges, swap a bag of crisps for popcorn.

Find more fun food challenges online: www.lambeth.gov.uk/feel100

Recipe: Quick pizza baguettes

  This delicious pizza baguette is super easy to make and is perfect for when you want to treat yourself!



- Ingredients:**
- 1 medium baguette, 2 tablespoons sweetcorn, 1/4 green bell pepper, 1 tomato, 1 avocado (chopped), 2 tablespoons grated cheese, 2 tablespoons tomato purée
- Method:**
1. Preheat the oven to 350F/180 degrees/Gas Mark 4.
 2. Slice the baguette in half lengthwise.
 3. Spread the tomato purée on the top of each half of the baguette.
 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 slightly browned and the cheese has melted.

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

Remember eating a balanced diet is just one part of maintaining good health and feeling 100%.



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MAYOR OF LONDON

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.
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!



Salmon/sardine sandwich

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 instead of mayo!



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.

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



Feel 100% chilled-out

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

Not only are these burgers super tasty, they also contain protein, iron and fibre. You can also make them as spicy or mild as you like with extra chilli sauce!



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



Feel 100% energised

When you need a burst of energy, turn to one of the foods below to help you feel totally energised:



A handful of nuts

Nuts are a good source of 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



Feel 100% confident

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



get your 5-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 good and fighting fit!



Spinach

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.

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