



WEEK LONG CHALLENGE

MATERIALS REQUIRED—NO SPECIAL MATERIALS

## *Healthy Habits in the Kitchen*

Aim: Make one meal per day a little bit healthier

Instructions: This week's activity is all about eating, and we all love eating so it should be really easy.

My challenge to you this week is all about making our meal choices a little bit healthier. Now that we are all having to stay at home it gets very easy to miss meals and eat some less healthy foods more often.

This is not good for our health or our fitness, both of which are very important at the moment. So I want everyone to make at least one change to what they are eating each day so that we can all protect our health during these times.

I have listed some ideas of changes you can make below.

See how many of these small changes that make a big difference you can tick off this week.

Also, let us know what changes you can come up with. We would love to try these ourselves.

Share with us your healthy choices by tagging @SustransNI on Twitter and Facebook and using the hashtag #StayhomeStayactive

Check out this weeks video [here](#).

Enjoy this activity? Use #stayhomestayactive and tag us @SustransNI on [Facebook](#) and [Twitter](#)

The Active School Travel Programme is an exciting initiative for schools who wish to see more of their pupils choosing an active and healthy journey to school. The programme provides schools with the skills and knowledge to get more children walking, cycling and scooting as their main mode of transport to school.

Find out more at [www.sustrans.org.uk/NIschools](http://www.sustrans.org.uk/NIschools)



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Original meal	Healthy Option	DONE :)
Sugary breakfast cereal	Porridge oats with some cinnamon and fruit for added goodness and flavour	
White bread	Try some wholegrain brown breads like wholewheat, multi-grain, rye or spelt	
Plain old lunches or breakfast	Try a new type of eggs, you can have boiled, poached (loads of fun trying to make poached eggs), scrambled or even "French toast" with your wholegrain breads	
Meat with every dinner	Try a meat free day, there are some super tasty meat free recipes online for everything from fajitas to lasagne.	
Chocolate biscuits	Have you ever tried some oatcakes or Ryvita crackers with banana and honey? its really good!	
Fizzy Drinks	Freshly squeezed orange juice (added fun with squeezing the juice at home)	
Ice cream dessert	Natural yogurt with strawberries, blueberries and some honey (hmmmm sounds delicious)	

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