

Healthy Kids

Myrecess Time



Hari Raya Celebration - Memories in the School Canteen

Hari Raya Puasa is a festival of culture and colours. In conjunction with the festivities, students in BRPS were served with their all-time favorite - Roti Prata from SATS. The aroma of freshly baked roti prata with curry filled the air, inviting students to gather and enjoy this tasty meal together. Its crispy layers and rich flavors not only tantalize the taste buds but also serve as a cultural bridge, reminding us about the diversity of the school community.



MY HEALTHY PLATE

Wondering how to have a balanced meal? Use My Healthy Plate! Plan healthy meals for your breakfast, lunch and dinner without the need to count calories!

- 1 Fill 1/4 of your plate with wholegrains (e.g. brown rice, wholemeal bread, rolled oats).
- 2 Fill 1/4 of your plate with meat and others (e.g. poultry, seafood, eggs, nuts, beans, tofu, dairy products).
- 3 Fill 1/2 of your plate with fruit and vegetables.

In BRPS, all our meals are balanced meals as they are planned in adherence to HPB's guidelines.



Visit [Healthhub.sg](https://www.healthhub.sg) for more tips on how to look after your child's teeth and keep him smiling for life.

THE BENEFITS OF EATING WHOLE FRUITS

HEALTHY PLATE IN BRPS

In BRPS, we encourage our students to eat fruits during recess and snack break!

Whole Fruits vs Fruit Juices...

Differences



Whole fruits

- Contains dietary fibre (pulp and skin)
- No added sugars
- More satiety by feeling full after eating



Fruit juices

- Lack dietary fibre as the juicing process removes or reduces the fibre content
- May contain added sugars
- Less satiety and potentially increase calorie intake

Similarities

Both are packed with essential vitamins and minerals that can support your child's growth and development.

Comparing the nutrients...

- Both are relatively similar
- However, there is **no dietary fibre in fruit juices** as the skin is removed

Tips to promote healthy eating behaviours...

- **Prioritise whole fruits** over fruit juices for children as it is **high in dietary fibre**, which helps to promote a **healthy gut!**

Nutrition Information Panel (per 100g)

Nutrients	Apples with skin ^a	Apple juice ^b
Energy (kcal)	57	50
Protein (g)	0.3	0
Total fat (g)	0.2	0
Carbohydrates (g)	12.2	12.4
Total sugar (g)	12.0	12.1
Dietary fibre (g)	2.3	0
Sodium (mg)	1	0

^a Nutrient values obtained from Health Promotion Board's Energy & Nutrient Composition of Food (<https://focos.hpb.gov.sg/eservices/ENCF/>).

^b Nutrient values obtained from Brand X available on the market.



Reminder



Limit consumption of fruit juice to ≤ 1 glass per day.



I AM
BRIGHT,
I EAT
RIGHT!

Want to know more about the Be Bright Eat Right Programme? Find out more [here!](#)

Need more information on our programme or how healthily your child is eating? Ask our panel of Dietary & Culinary Experts at sats_schoolmeals@sats.com.sg
Have enquiries? Call us at 62717387 or email us at brps@moe.edu.sg!



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