

Healthy Rids

Myrecess Time





Hari Raya Celebration – Memories in the School Canteen

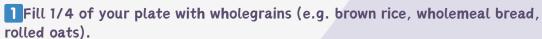
Hari Raya Puasa is a festival of culture and colours. In conjunction with the festivities, students in BRPS were served with their all-time favorite - Roti Prata from SATS. The aroma of freshly baked roti prata with curry filled the air, inviting students to gather and enjoy this tasty meal together. 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

USE HEALTHIER OILS OF REACTI

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!



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 quidelines.



Visit <u>Healthhub.sg</u> for more tips on how to look after your child's teeth and keep him smiling for life.

THE BENEFITS OF EATING

HOLE FRUITS

Whole Fruits vs Fruit Juices...

Differences



Whole fruits

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

HEALTHY PLATE IN

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

Similarities

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



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

Nutrition Information Panel (per 100g)

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

Tips to promote healthy

Comparing the nutrients

· However, there is no dietary fibre in fruit juices as the skin is removed

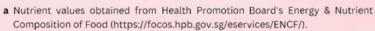
• Both are relatively similar

eating behaviours...



dietary fibre, which helps to

promote a healthy gut!



1

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

Sodium (mg)



Reminder

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



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.sq!

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