

# Healthy Kids

MYRECESS TIME

## Wholegrains: The Secret to a Happy & Healthy Body

**Do you know what wholegrains are?**

They are super grains that contain three parts: the bran, germ, and endosperm. Unlike refined grains, wholegrains are less processed, and all three parts are retained, even after milling. This means that they are packed with health-promoting nutrients!

The outer layer of the grain, called the bran, is rich in fiber, B vitamins, iron, copper, magnesium, zinc, antioxidants, and phytochemicals. The inner core, called the germ, is loaded with B vitamins, vitamin E, trace minerals, and phytochemicals. Wholegrains are much more nutritious than refined grains because most of the nutrients in grains are found in the outer bran layer and germ of the seed. Wholegrains have been shown to lower the risk of chronic diseases such as heart disease and diabetes. Plus, the fiber in the bran layer makes you feel full and prevents you from overeating.

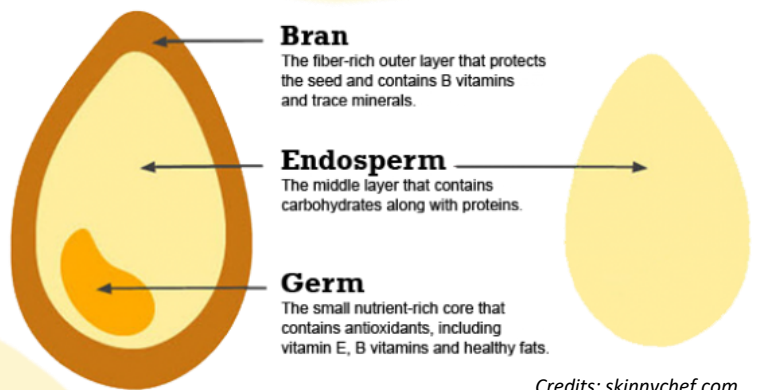
In Singapore, Health Promotion Board (HPB) recommends children to consume approximately half of their daily servings of rice and alternatives as wholegrains. Children aged between 3-6 years old are recommended to consume 1-2 servings of wholegrains out of 3-4 servings of rice and alternatives per day, while children who are 7 years and above are recommended to consume 2-3 servings out of 5-7 servings of rice and alternatives per day.

Eating wholegrains also helps to reduce your carbon and water footprint and reduces food wastage. This can be our little contribution to nurturing Mother Earth. The growing of wholegrains consume only 10% of the resources needed for the rearing of cows for beef. It also takes a lot less resources to produce wholegrains compared to refined grains.

To encourage our children to eat more wholegrains, SATS prepares meals with at least 20% wholegrains. That means that every bite of your delicious meals is packed with the goodness and nuttiness of wholegrains. SATS is constantly looking for new and exciting wholegrain options to add to the school menu, so that children can learn to love wholegrains from a young age.

**Let's all make a pledge to eat more wholegrains, stay healthy and happy!**

### Whole Grain vs. "White" Grain



# World Baking Day

Falling on every third Sunday in May, World Baking Day inspires people to bake for their loved ones, friends, and neighbors. These bakers are also encouraged to give their baked goods away as a token of gratitude and appreciation.

## HOW TO OBSERVE #WorldBakingDay

The best way to observe this day is to bake some goodies for friends, neighbors or loved ones. Involve your kids as well. They will be surprised and delighted! As part of World Baking Day 2023, SATS will offer **Pizza Supreme - Baked BBQ Marinated Chicken Pizza with Cheesy Corn Chip** as a Limited Time Offer for our students in the month of May 2023. This is a Baked Square Base Bread topped with Tomato Sauce, BBQ Marinated Chicken Cube, Trio Veg, Mozzarella & Parmesan Cheese served with Cheesy Corn Chip.

## LEARN & SHARE

BRPS embarked on the School Meals Programme since 2017. We worked closely with SATS through this programme to promote healthy eating and encouraging good habits. In the last three years, many schools such as Kranji Primary, Tanjong Katong Primary and Spectra Secondary have expressed interest to learn about our programme and we were happy to share! The table below summarises the differences between our programme and a traditional school canteen!

	BRPS School Meals Programme	Traditional Canteen Stalls
<b>Nutrition (HPB)</b>	<ul style="list-style-type: none"> <li>Assured nutrition, dietician vets every menu (<i>Calories/protein count</i>)</li> </ul>	<ul style="list-style-type: none"> <li>Depends on individual stall</li> </ul>
<b>Menu Design</b>	<ul style="list-style-type: none"> <li>Innovative menu design (<i>SATS: Award Winning Chef &amp; Culinary Team</i>)</li> </ul>	<ul style="list-style-type: none"> <li>Depends on individual stall</li> </ul>
<b>Variety</b>	<ul style="list-style-type: none"> <li>Wide range of menu &amp; rotation</li> <li>Parents can make online ad hoc orders</li> <li>Allergen-free meal option</li> </ul>	<ul style="list-style-type: none"> <li>Same menu from every stall</li> <li>No ad hoc orders</li> <li>No allergen-free option</li> </ul>
<b>Hygiene &amp; Quality</b>	<ul style="list-style-type: none"> <li>High standards of food safety &amp; quality assurance (<i>SATS: AVA Food Safety Award –Platinum</i>)</li> <li>Prepared in central kitchen (<i>SFA Licensed &amp; Halal Cert</i>)</li> <li>Food delivered JIT (<i>4 hr consumption advisory label</i>)</li> <li>No \$ handling, charged to School bill</li> <li>Improvements based on Regular students' feedback</li> </ul>	<ul style="list-style-type: none"> <li>Depends on individual stall</li> <li>Stall holders &amp; students handle \$</li> </ul>
<b>Reliability</b>	<ul style="list-style-type: none"> <li>No long queues (<i>Time saved for rest &amp; unstructured play</i>)</li> <li>100% reliable</li> </ul>	<ul style="list-style-type: none"> <li>Long queues (<i>Time wasted queuing to buy food</i>)</li> <li>Stalls come &amp; go (<i>Dwindling stalls in schools</i>) 🙄</li> </ul>



## Food Word Search

Get ready to play the word search game!  
Spot the name of the food you have in school!  
(first one has been done for you!)

S Y T W P R A T A Y Y A F J D N Y J J U  
 P O R R I D G E V B K V C E K C J Y R U  
 V S B Q H L K V W V G D P V K S H H X F  
 Q P M Y S P Q R Y E N M M I U N O D I H  
 R L A E S M A Y G A H R Z M R K T I H Z  
 N E Z N A K Z S I V X K I Y R J D B O I  
 D I C U C T A O T I F A N M C N O O C X  
 E F Y W W A B F F A A K G U H T G N F L  
 O V J V N U K A T Y B L C R W B X L F Y  
 S O O H H O L E L E D L H E O D N E G U  
 I G P T N H O G L L Y L I Y V Z W E A N  
 I S K Y Z T E D K G Z K C C I W G Y U W  
 C F B E N K T O L P V L K H P P B Z O D  
 S A N D W I C H K E I N E M R E I L Z K  
 R F Q J M Z E G G N T R N N J J D Z T O  
 N I Y G Z W K S I F B O J Q M K C C Z O  
 A U C L O O A N I F A F F O O F U T A  
 C G Q E X V Z A P S Y Z G U W Y L R W E  
 D D N J N Q U X L H U C H E E S E R M V  
 E M T R E G R K T I P T C E X Y Q Y S Z

Sandwich	Meatball	Porridge	Rice
Chicken	Pancake	Cheese	Tofu
Noodle	Prata	Curry	Egg
Hotdog	Pasta	Pizza	Fish



Brought to you by:



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](mailto:sats_schoolmeals@sats.com.sg)  
Have enquiries? Call us at 62717387 or email us at [brps@moe.edu.sg](mailto:brps@moe.edu.sg)!

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