

# Healthy Kids Myrecess Time

NEWSLETTER | JULY 2020



## Expanding our children's taste buds



Heidi (above) and Lawrence  
(below) at recess time.



Heidi, our Primary 1 student, was observed to be munching on biscuits and crackers daily for recess in Term 1. Once she came on board the SATS Meal Programme in Term 2, her teachers discovered that she was very willing to try new types of food. In fact, Heidi had quite a hearty appetite and would usually tuck into her bento the moment it was distributed to her.

“Heidi comes home and shares about the SATS Meal Programme. She also told me that one of her favourites is the mashed potato and it’s not something we eat at home,” Mrs Lien, Heidi’s mom shared.

One of Heidi’s classmates, Lawrence, enjoyed mostly Chinese food at the start of the year and made his food preferences known to his teachers. Over time, with the encouragement of friends like Heidi and his teachers, Lawrence opened himself up to more food choices and is now more adventurous with the various SATS options. Other than rice and noodles, one of Lawrence’s current favourites is Shepherd’s Pie.

For a start, Heidi and Lawrence took part in a food tasting session in February. Heidi tried the new meals that were to be introduced in the new term and was very excited about the whole experience.

Each week, the teachers would show their students the meal options that would be available the following week and guide the students to make their choices. To expose students to a wider variety of food, the teachers would encourage students to try new options on the menu if they observed that the students kept choosing the same type of food.

Having a strong relationship with their students has helped our teachers to know how to encourage their students in making good food choices.





*Eat the Rainbow Meal*

# Why Must We Eat a Variety of Food?

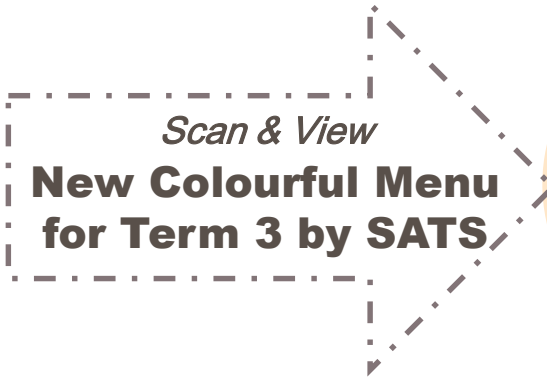
"Rainbow colours are pretty to look at. So does your food if you incorporate a myriad of colours into it! Fruits and vegetables fall into 5 different categories: Red, Purple/Blue, Orange/Yellow, Green, White/Brown. Each colour carries its own set of unique disease fighting nutrients (phytonutrients/plant nutrients). It is these plant nutrients that give fruits and vegetables their vibrant colour along with their abundance of specific health properties.

- **Red:** Helps keep the heart healthy
- **Purple/Blue:** Protects cells from damage and helps reduce risk of stroke and heart disease
- **Orange/Yellow:** Helps keep our eyes healthy
- **Green:** Excellent source of multiple nutrients and minerals
- **White/Brown:** Boosts immune system



Eating a rainbow in each meal not only makes your food look more attractive but also ensures a great variety of nutrients and benefits, so collect them all!"

**- Huey May, Nutritionist from SATS Food Solutions -**



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**I AM BRIGHT,**  
**I EAT RIGHT!**



[www.blangahrisepri.moe.edu.sg/parent-support-group/sats-school-meals-programme/](http://www.blangahrisepri.moe.edu.sg/parent-support-group/sats-school-meals-programme/)

Want to know more about the Be Bright Eat Right Programme? Find out more on the school website!

[sats\\_schoolmeals@sats.com.sg](mailto:sats_schoolmeals@sats.com.sg)

Need more information on our programme or how healthily your child is eating? Ask our panel of Dietary & Culinary Experts!

Have enquiries?

Call the school general office at 62717387 or email us at [brps@moe.edu.sg](mailto:brps@moe.edu.sg)!

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