



UFFCULME SCHOOL

Eat Well

Uffculme School Newsletter February 2017

A healthy balanced diet is important for good physical and mental good health.

- ☉ Eat breakfast—it really is the most important meal of the day
- ☉ Water—drink plenty of water
- ☉ Limit the amount of sugar you consume
- ☉ Avoid fizzy drinks, especially energy drinks, which have very high levels of caffeine
- ☉ Five-a-day—five portions of fruit and vegetables
- ☉ Stop eating when you are full
- ☉ Fibre—swap white bread, pasta and rice for brown
- ☉ Think about fat—try and swap saturated fats for unsaturated fats
- ☉ Allow yourself the occasional treat

Check out the catering section on our school website for information about balanced meal deals and our healthy eating points scheme.



Uffculme School Student Welfare Services
Looking out for our students