



BRACKLEY TOWN F.C. PROMOTING

DUTY OF CARE

WELFARE

RESPECT

DIVERSITY

SAFEGUARDING

RACISM NO DISCRIMINATION NO

STAY SAFE, SPEAK OUT !

Safeguarding Bulletin

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Lets Focus on Nutrition

Healthy Diet, Healthy Body, Health You!

Top tips for healthy eating and exercise



Encouragement

Eat a rainbow-coloured plate of food:

Incorporating a variety of fruits and vegetables into your everyday meal is important. These different fruits and vegetables with their abundance of colours represent a variety of nutrients and vitamins, which are essential for a growing body. For example, reds (like tomatoes and strawberries) are good for the heart, while greens (such as spinach and broccoli) strengthen bones and provides power to those important limbs that help you play sport.

Avoid Processed Foods:

Hopefully, we are now aware that most processed foods carry a high degree of Fats, Sugar and Salt.

Eating a large quantity of processed food on a regular basis will or could lead to Obesity, high blood pressure, diabetes and potentially lead to heart decease.

Encourage

The eating of fresh, healthy and non-processed foods.

Like proteins, lentils, nuts and seeds



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Drink Loads of Water

Unsure you try and keep your intake of fluids up as much as possible. For some of you that may not like water from the tap, simply put a dash of squash in a water bottle, its better to drink something you like, than not at all. Drinking water helps maintain your overall body balance, helps with concentration, for those taking exams that is essential. It also helps maintain physical performances. Avoid sugary/fizzy drinks and try some herbal teas, they are equally y as nice cold as they are hot!



Listen to your Body

Parents are responsible for their children and to get them to understand and be mindful of their bodies' and the messages that you are receiving, these are also known as signals. Eating when hungry and stopping when full can help maintain a healthy weight. What is also important is to ensure your body gets the rest it needs after exercise.

Balanced Meals Are Key:

Ensure that each meal is well-balanced, containing a good mix of carbohydrates, proteins, and fats.

Carbohydrates provide energy, which is particularly important for active children.

Proteins are essential for growth and repair, whilst healthy fats support brain development.