

# Tower Hamlets Healthy Holidays

**Ideas, information and  
inspiration for staying  
active and eating well this  
holiday**



## INTRODUCTION

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## Welcome

This booklet is your fun, family friendly guide to keeping healthy during the holidays. Read on to find out all you need to know about keeping active. This booklet is full of fun ideas, interesting activities and easy recipes to try at home.

## Activities

Throughout the holidays, there are lots of online activities for families and young people organised by the council and voluntary organisations, including sports, music, baking, creative activities and much more. Tower Hamlets has many local parks with equipment and resources for all ages. Have a day out and explore the borough's parks with your family.



## What's going on in your local area?

If you are looking for things to do to keep the family entertained this holiday, take a look at the Local Offer website where there are lots of fun things to keep everyone busy.

For more information,  
 contact the Family Information Service

**Tel:** 020 7364 6495

**Email:** [fis@towerhamlets.gov.uk](mailto:fis@towerhamlets.gov.uk)



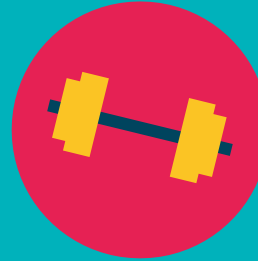
# Why is it important to eat a healthy balanced diet?



To help us grow



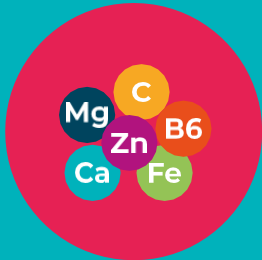
To give us energy to be active



To help our muscles



To give our brains energy to help us learn



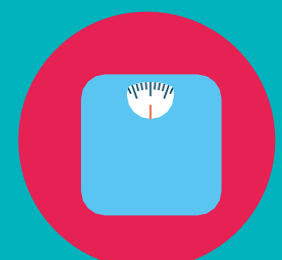
To give us the right nutrients, vitamins, minerals that our bodies need.



To stop us getting diseases as we get older



To help our bones



To help us maintain a healthy weight

# What does a healthy balanced diet look like?

- Eat at least five portions of fruit and vegetables every day
- Base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- Have some dairy or dairy alternatives (such as soya drinks)
- Eat some protein such as beans, pulses, fish, eggs, meat
- Choose unsaturated oils and spreads, and eat them in small amounts
- Drink plenty of water
- Try not to have foods and drinks that are high in fat, salt and sugar too often

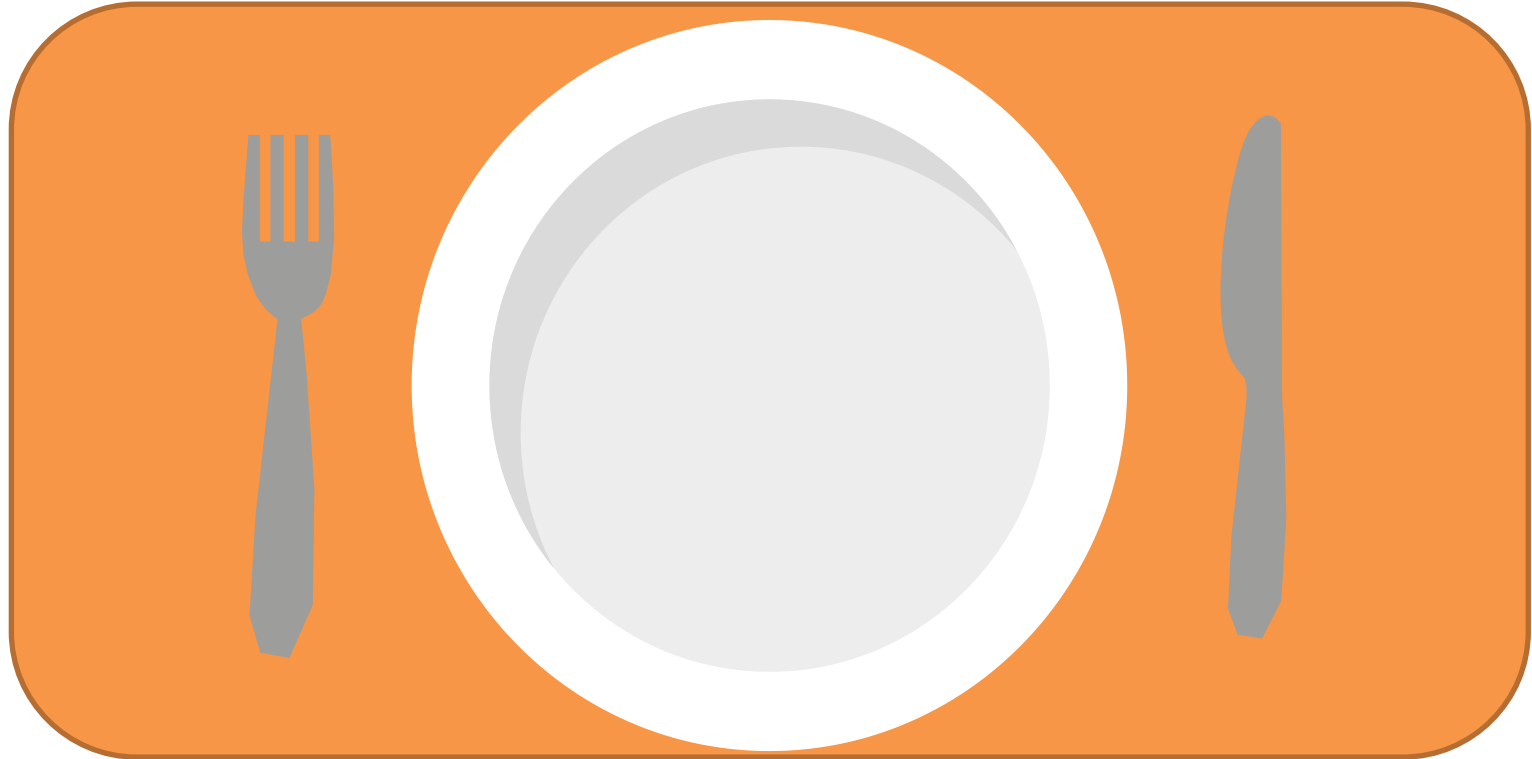


[www.nhs.uk/live-well/eat-well/the-eatwell-guide](http://www.nhs.uk/live-well/eat-well/the-eatwell-guide)

## HEALTHY EATING

### Can you plan a healthy lunch or dinner?

Try and include items from the different food groups. You can draw the food items or find pictures from magazines and old food packaging and stick them on to the plate.

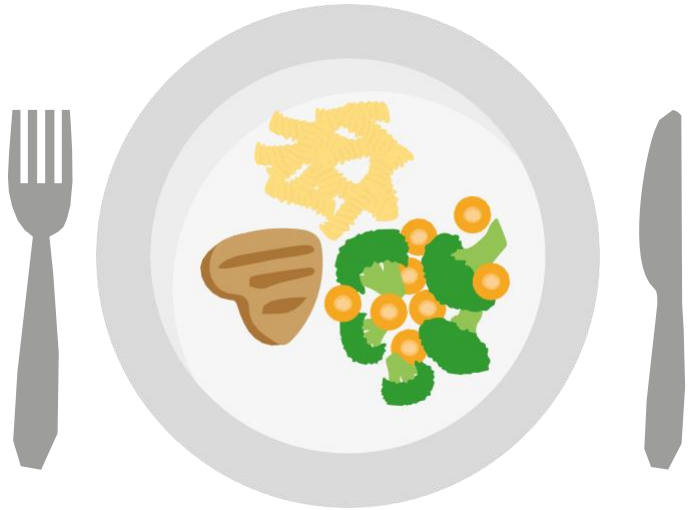


# Me size portions

We all need different amounts of food depending on our age, size and activity level. The amount of food we have is called portion size.

It's not healthy to eat portions that are too big or too small for our bodies. Using your hand can be a great guide to portion size.

Compare your hand to someone else you live with... an adult's hand might be bigger and someone younger's might be smaller. This means they should have different size portions than you.



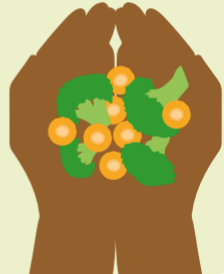
## Protein

A portion of protein like chicken or fish should be the size of the palm of your hand.



## Vegetables

A portion of vegetables should be the size of both your hands together.



## Carbohydrates

A portion of carbohydrates like rice or pasta should be the size of your upturned curled hand.



# Sugar

Did you know children are having more than **DOUBLE** the amount of sugar they should have? Most of the sugar kids eat comes from:



Fizzy drinks,  
juice drinks



Buns, cakes,  
pastries, biscuits



Breakfast cereals,  
yoghurt



Sweets, chocolate,  
ice cream

The maximum amount of sugar we should have each day is:

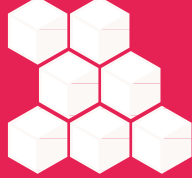
**Circle your age**



5 cubes (19 grams)  
4-6 years



6 cubes (24 grams)  
7-10 years



7 cubes (30 grams)  
11+ years

## Did you know there are different types sugar?

### Added sugar

Sugar that has been added to food and drink to sweeten it.

### Milk and plain yoghurts

You don't need to worry about the sugar in plain milk and yoghurts as this isn't added sugar.

### Fruit and veg

You don't need to worry about the sugar in whole fruits and veg because this isn't added sugar.

### Juice and smoothies

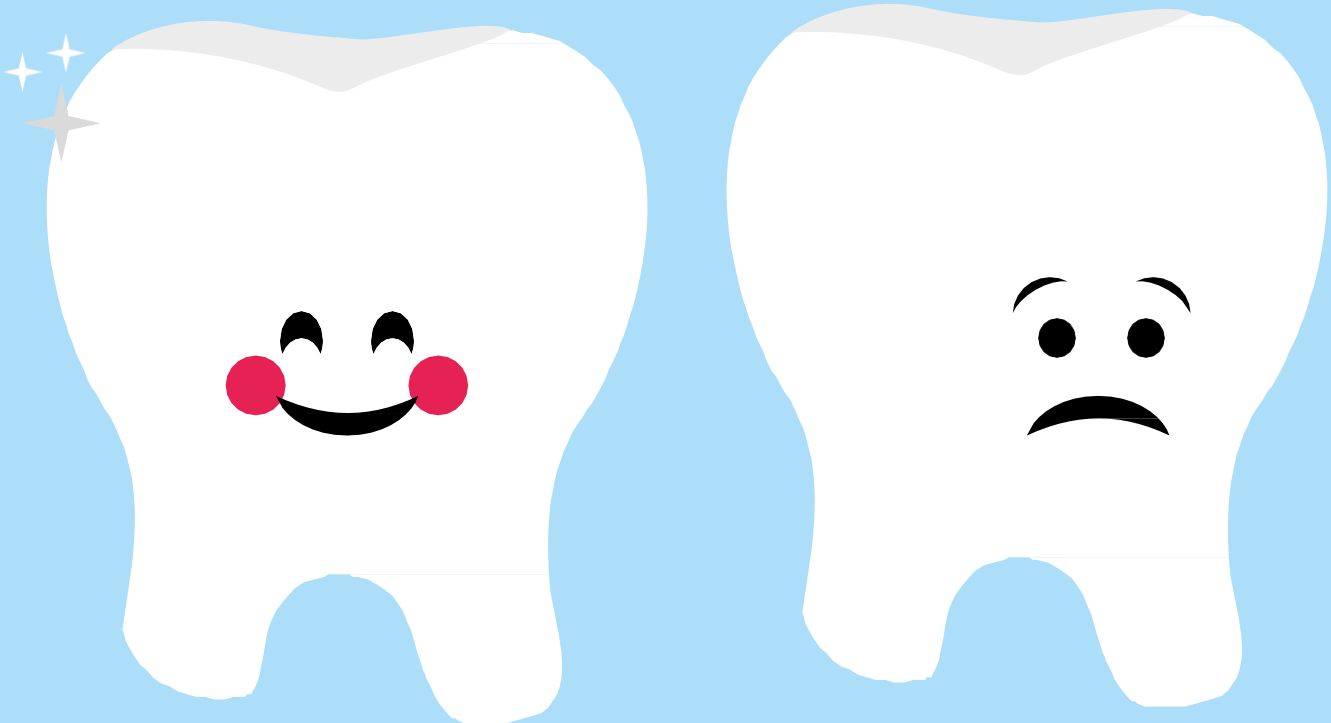
Fruit and vegetable juice and smoothies are sugary. Limit the amount to no more than 150ml a day.

[www.nhs.uk/change4life/food-facts/sugar](http://www.nhs.uk/change4life/food-facts/sugar)



## Happy teeth

Did you know that eating a lot of sugar can leave our teeth in an unhealthy condition? If we limit our sugar intake and make healthier choices, we can keep our teeth strong and happy. Think about the foods you like to eat. Can you draw them on the correct tooth? Don't forget to include drinks!




# Healthy Hydration Quiz (answers on page 28)

Did you know staying hydrated helps keep our bodies and minds healthy?

1. Put a tick next to the drinks we should enjoy every day:



Milk



Energy drink




Water



Hot chocolate



Diet Cola



Orange juice

2. How much of our bodies are made of water?

- 25%
- 70%
- 95%



3. How many glasses of fluid should we try to drink each day?



ANSWER:

[www.nhs.uk/live-well/eat-well/water-drinks-nutrition/](http://www.nhs.uk/live-well/eat-well/water-drinks-nutrition/)

# Drink Smart (answers on page 28)

Draw lines between the drinks and their sugar content.

	<b>17.5</b> cubes		<b>0</b> cubes	
<b>13</b> cubes		<b>7.5</b> cubes		<b>13</b> cubes
	<b>12</b> cubes		<b>9</b> cubes	
<b>0</b> cubes +sweeteners		<b>12.5</b> cubes		

A. Fruit flavoured water (750ml)  
 B. Glass of water C. Bottle fizzy sports drink (500ml)  
 D. Energy drink (500ml)  
 E. Diet Cola (500ml) F. Bottle smoothie (250ml)  
 G. Cola H. Milkshake (471ml)  
 I. Blackcurrant drink

## Tips

- Enjoy higher sugar drinks as an occasional treat and swap soft drinks, juice drinks and flavoured milks for water, lower-fat milks and diet, sugar-free, or no-added sugar drinks.
- Sugar free or diet drinks contain sweeteners, they don't have any sugar, fat or calories in but they might make us have a sweet tooth, they are a good swap for full sugar options but we should still try not to have them too much
- Always make sure you brush your teeth twice a day and rinse with water after you eat something sweet

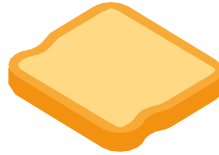
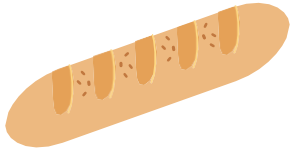
[www.nhs.uk/change4life/food-facts/sugar](http://www.nhs.uk/change4life/food-facts/sugar)



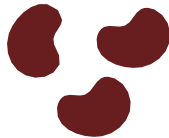
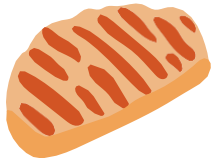
## Design your own packed lunch

Cut out the food and stick into the lunchbox to create your own packed lunch.  
Make sure you select items from the different food groups.

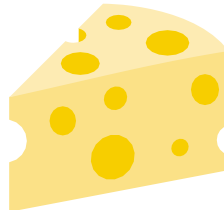
### CARBOHYDRATES



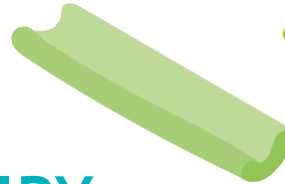
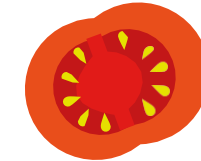
### PROTEIN



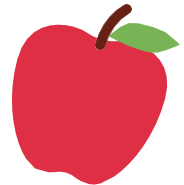
### DAIRY



### VEG



### FRUIT



Is your lunch balanced? Have you included some items from all the food groups?

HEALTHY EATING



## DRINKS

Water or milk are the healthiest drinks to have with your lunch. Fizzy drinks and shop bought flavoured water can contain a lot of sugar!



## Lunch box tips

### Keep them fuller for longer

Base your lunch box on wholegrain bread, rice, pasta. They are higher in fibre and will help them stay fuller for longer.



### Introduce more wholegrains

If your child doesn't like wholegrains, try making a sandwich with one slice of white bread and one slice of wholemeal bread.



### Ditch the sugary snacks

Swap cakes, chocolates and biscuits that are high in sugar for healthier alternatives such as malt loaf, fruit breads or fruit.



### Choose lower fat options

Choose low fat and low sugar yoghurt or fromage frais. Instead of buying flavoured yoghurt, add your own fresh fruit to plain low fat yoghurt.



### Get the children involved

Let them choose and prepare what goes into their lunch box. They are more likely to eat it if they have been involved in making it.



### Be careful with dried fruit

Dried fruit counts towards their five a day, but it can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.



### Check your cheese for fat and salt

Cheese can be high in fat and salt. If you choose stronger tasting cheese, you won't need as much of it. Or try using reduced fat varieties.



### Be creative and adventurous

Children like novelty and variety, so be creative and mix up what goes into their lunch box or present the food in a fun way.



# Crunchy parmesan chicken



A great alternative to ‘take away’ chicken nuggets. Even better, they are baked not fried - so they are lower in fat and have fewer calories, but they are just as tasty.

## INGREDIENTS

- 2 chicken breasts or thighs
- 1 egg
- 1 tsp mustard powder
- 1 tsp of smoked paprika
- Pinch of pepper
- A handful of breadcrumbs
- 2 tsp garlic granules
- Some fresh grated parmesan or dried parmesan

## GET COOKING

1. Pre-heat the oven to 200C
2. Cut the chicken into fingers or small chunks
3. Put the breadcrumbs, mustard, paprika and garlic and pepper into a plastic bag
4. Whisk the egg and combine with water
5. Dip the chicken into the egg mixture, then drop into the breadcrumb bag
6. Shake until chicken is completely coated
7. Place on a baking tray, bake for 15-20 minutes, turning halfway through

Serve with salad or coleslaw

# Baked fish with vegetables



Frozen food is often cheaper but just as nutritious as fresh food. This simple tray bake can be made with any frozen fish.

## INGREDIENTS

Pack of frozen haddock or cod fillets  
Pack of frozen Mediterranean vegetables  
Olive oil  
Flour

## GET COOKING

1. Preheat oven to 180C
2. Put frozen vegetables in a shallow ovenproof dish
3. Cook on middle shelf for 20 minutes
4. Stir halfway through
5. Coat the fish with seasoned flour
6. Heat a little olive oil in a frying pan
7. Fry the fillets for about 8 minutes, turning once until cooked
8. Put fillets on top of vegetables and serve



# Store-cupboard fishcakes



A quick and easy recipe that children love to make, the oily fish contains omega 3 which is good for your brain and your body.

## INGREDIENTS

- 1 tin of salmon or tuna
- 2 tins of new potatoes
- Flour
- Olive oil
- Pinch of cumin
- 1 tsp smoked paprika
- Small red chilli (optional)
- 1 onion finely chopped

## GET COOKING

1. Fry onion in olive oil
2. Add chilli
3. Drain and mash the potatoes into a bowl, then add the onion and chilli
4. Drain the oil from the salmon or tuna and add to the potatoes
5. Add cumin and smoked paprika to the bowl and mix all together
6. Make small patties and coat lightly in flour
7. Fry gently in olive oil until golden brown
8. Remember all the ingredients are already cooked so frying won't take long
9. Add some broccoli or green beans

# Turkey and vegetable fajitas



A family favourite which is so versatile. For a meat free option try a meat substitute like tofu - it's a source of protein and just as tasty.

## INGREDIENTS

2 turkey breasts (or chicken is preferred)  
1 red or orange pepper 1  
red onion  
1 tsp paprika  
Small pinch of cumin  
Black pepper  
1 small tub of low fat natural yoghurt  
Small or large tortillas  
50g of grated cheese (optional)

## GET COOKING

1. Slice the turkey into finger sized lengths
2. Half and deseed your peppers and cut into thin fingers
3. Slice the onion lengthways into thin slices
4. Put all into a bowl with a drizzle of olive oil
5. Add the cumin, black pepper and paprika
6. Mix all together
7. Heat your pan and fry on medium until vegetables starts to soften and turkey is cooked through
8. Warm the tortillas in the microwave and fill
9. Add cheese, a drizzle of natural yoghurt and roll

# Sticky veggie kebabs



These vegetable packed kebabs are a great way to sneak even more nutrition into your family's diet. Encourage your children to create their own using their favourite vegetables.

## INGREDIENTS

3tbsp runny honey  
 3 tbsp soy sauce  
 4 tbsp oil  
 Pinch of ground black pepper  
 2 cloves garlic (chopped)  
 1 red pepper  
 1 orange pepper  
 Button mushrooms  
 2 red onions  
 1 large courgette  
 Cherry tomatoes

## GET COOKING

1. Put the honey, soy sauce, oil and pepper into a large bowl and mix together
2. Add the garlic and vegetable chunks and marinate for about 2 hours
3. Pre-heat the oven to 190C and line two baking trays with foil
4. Thread the vegetables onto skewers alternating the ingredients as you go. Then lay them on the baking trays
5. Roast the kebabs in the oven for about 30 minutes

# Frozen yoghurt bark with fruit



Have fun with the family making this simple healthy iced snack. Try using children's favourite fruit and low sugar or sugar free cereal or granola.

## INGREDIENTS

- 1 large tub of Greek low fat yoghurt
- A few drops of vanilla essence
- Punnet of blueberries
- Strawberries chopped
- A cup of rice crispies



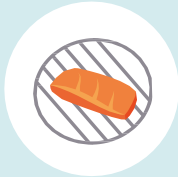
## GET COOKING

1. Line a medium sized oven dish or tin with greaseproof paper
2. Pour the yoghurt into the dish evenly so it has the same thickness throughout
3. Sprinkle the blueberries, strawberries and cereal over the yoghurt and freeze for 4-6 hours
4. When ready lift out the bark with the paper and put onto a flat service
5. Cut the yogurt bark with a sharp knife into squares
6. Put any leftovers back onto the greaseproof paper and refreeze
7. Once frozen break up and keep in a freezer bag - this can be kept in the freezer for up to a week

# 10 HEALTHY EATING TIPS



1. Try using a non-stick pan and only 1 teaspoon of oil when cooking



2. Always go for leaner cuts of meat and don't forget to trim fat before cooking



3. Eat different coloured fruit/vegetables to get a full range of nutrients



4. Use lots of different spices and herbs to flavour your food instead of salt



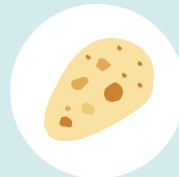
5. Swap white rice for wholegrain which is higher in fibre



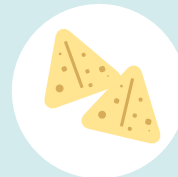
6. Use smaller sized plates - it's a good trick to help reduce portion sizes



7. Try to avoid adding too much butter or ghee when cooking meals



8. Try grilling items such as naan breads and chapatis instead of frying



9. Avoid deep frying and try grilling or oven baking items like samosas



10. Keep sweet treats like cake, biscuits and chocolate for special occasions

# HEALTHY EATING ON A BUDGET

### Cook from scratch

Making meals from scratch is a lot cheaper and healthier than buying ready-made meals, which often have high levels of salt, sugar and fat.



### Buy own-brands

The quality of own-brand products is generally the same as the more popular brands. By switching to own-brand products, you will save money.



### Buy less meat

Try going meat-free at least one day a week. Reduce the amount of meat in your dishes by adding beans, lentils, tofu or vegetables.



### Buy and cook in bulk

Buy larger quantities of foods like rice and pasta - it saves time and money. Bulk cook meals such as stews, soups and sauces and freeze them for later.



### Plan your meals in advance

Make a shopping list and try to stick to it. If you plan your meals for the whole week, you will waste less food and save money.

Shopping list



### Buy frozen fruits and vegetables

It's often a lot cheaper to buy frozen fruits and vegetables. They contain the same nutrients as fresh ones, need no preparation and last longer.



### Freezing tips

- Cool foods completely before you freeze them
- Freeze in portions
- De-frost things in the fridge overnight and use within 24 hours
- Only re-freeze things if you have cooked them from raw.





# Let's play

Playing and physical activity has so many benefits including:

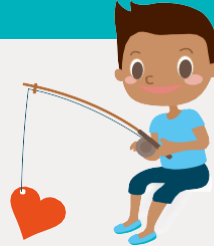
## Physical

Play develops coordination, strengthens muscles, improves health, and helps maintain a healthy weight. It can even help promote better sleep.



## Emotional

Play helps children develop the confidence to cope with different emotions like fear, frustration and anger in a situation they can control.



## Social

Play helps children's social skills. They learn to negotiate, collaborate, compromise and deal with others people's feelings.



## Cognitive

Play helps children to learn. It develops their thinking, reasoning and problem solving skills. It also helps them to remember and pay attention to details.



## Creative

Play allows children to create new imaginary worlds and come up with their own unique ideas and interesting solutions to challenges.



## Communication

Play helps children to learn the meaning of new words and phrases as well as express their own thoughts, feelings and ideas.



## Let's get moving

It's good to stretch and move our bodies. Yoga is a great way to enhance flexibility develop coordination and Get inspired and try out some of these animal yoga poses for all the family!



**FLAMINGO**



**BUTTERFLY**



**LION**



**SNAKE**



**DOG**



Make up your own animal yoga pose.  
What animal will you be? What shape will you make with your body?



MONKEY



TURTLE



CAT



COW



FROG



CAMEL

# Sprout a Tree

Get ready for the festive season with this Sprouting tree! Get the children involved and let them get creative with their decorating skills. Different coloured veg contain different vitamins and minerals, so use a rainbow of colours to keep your body healthy.



1. Line up the halved sprouts into a triangle shape.
2. Peel and slice a parsnip or carrot and make a tree trunk shape out of it.



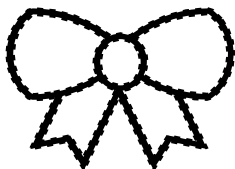
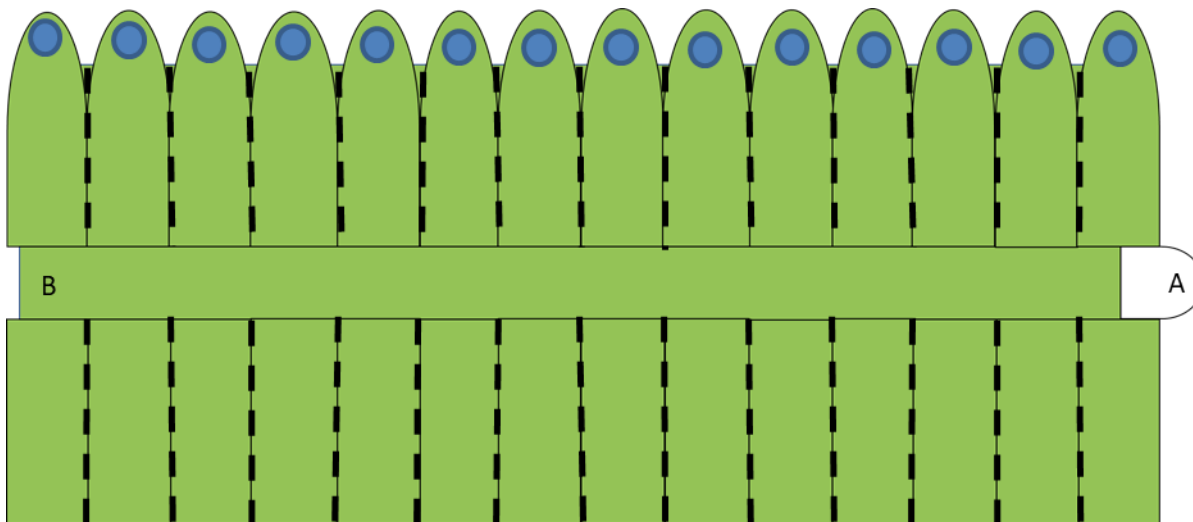
3. Top the tree with a star cut from a butternut squash.
4. Brush your tree lightly with olive oil and bake in oven.



5. Decorate with chopped up cranberries and enjoy!



## Design your own mini winter wreath



### Steps

1. Print out or trace the wreath template on a blank piece of paper
2. Cut along all the dotted lines
3. Apply glue, double sided sticky tape or blue tack to each blue dot ●
4. Pull and stick each blue dot to the opposite tab ■ to create a chain of circles and stick
5. Pull **A** to fold under **B**
6. Finally, cut out, colour in and stick on your bow!

## KEEP ACTIVE

### Get outdoors

Holidays are the perfect time to enjoy some of Tower Hamlets parks and green spaces. Did you know Tower Hamlets has over 120 parks and green spaces? Many of them have sports, play facilities and even outdoor gyms.

How many do you know? How many have you visited? Why not explore the boroughs parks with your family.

#### Outdoor gyms

- Bartlett Park E14
- Mile End Active Zone E3
- Millwall Park E14
- Ropewalk Gardens E1
- Shandy Park E1
- Sir John McDougall Gardens E14
- Rounton Road Open Space E3
- Pollard Square E2
- Jolly's Green E14
- Leven Road Open Space E14
- Shadwell Basin E1
- Wapping Gardens E1
- Weavers Fields E2



For more information, contact [park.projects@towerhamlets.gov.uk](mailto:park.projects@towerhamlets.gov.uk)

For a full list of Tower Hamlets parks and their facilities, visit [www.towerhamlets.gov.uk/parks](http://www.towerhamlets.gov.uk/parks)

## GETTING HELP

### Healthy Start Scheme

Healthy Start vouchers can be spent on food or milk and can be used in all major supermarkets, local shops and market stalls in Tower Hamlets. A list of participating outlets can be found at

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

#### What you get

- £8.50 per week for each baby aged up to 12 months
- £4.25 per week for each child aged under four-years-old
- Plus £4.25 per week if you are pregnant (from week 10)

#### Vitamin Supplements

Women and children receiving Healthy Start can also get free Healthy Start vitamins. These are crucial vitamins specifically designed for pregnant and breastfeeding women and growing children.

For more details and to apply visit

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

### Early Learning for 2 Year Olds

Your child could be eligible for 15 hours of free early learning. To check your eligibility, call **020 7364 1553** or visit [www.towerhamlets.gov.uk/earlylearning](http://www.towerhamlets.gov.uk/earlylearning)

### Universal Credit applications

If you need help with Universal Credit the Resident Support Outreach Team can support you.

Support includes:

- Help with making your Universal Credit claim online
- Understanding the requirements of Universal Credit
- Check if you are claiming all the benefits you are entitled to
- Help you claim hardship grants and discretionary housing payments
- Support to make payment arrangements for debts and advice on managing your money

For more details, email

[LBTHResidentSupport@towerhamlets.gov.uk](mailto:LBTHResidentSupport@towerhamlets.gov.uk)

## Residents' Support Scheme - hardship grants

The Residents' Support Scheme is designed to help residents who are at risk or in immediate need of help and have no source of financial support available to them. The scheme can help with short-term living costs such as food and gas/electric pre-payment meters.

You can apply online by visiting [www.towerhamlets.gov.uk/lgnl/advice\\_and\\_benefits/Residents\\_Support\\_Scheme.aspx](http://www.towerhamlets.gov.uk/lgnl/advice_and_benefits/Residents_Support_Scheme.aspx)

If you need support with your application, email [lwpqueries@northgateps.com](mailto:lwpqueries@northgateps.com) or call **020 7520 7217**.

## Support with food

If you are struggling to provide food for yourself or your family, call **020 7364 3030** or visit <https://www.localoffertowerhamlets.co.uk/pages/local-offer/covid-19/money-matters/food-assistance>

## Tower Hamlets Community Advice Network (THCAN)

THCAN is a partnership of local advice centres that provide residents with free advice on welfare benefits, debt, housing and food. To find out more, visit [thcan.org.uk](http://thcan.org.uk)

## Community Navigators

Community Navigators is a service provided by Tower Hamlets Public Health and the Idea Store. They are skilled at finding the right information for you or they can signpost you to useful additional services. To find out more, email [navigators@towerhamlets.gov.uk](mailto:navigators@towerhamlets.gov.uk)

## Volunteering opportunities

If you want to gain experience and increase your chances of getting work, the Volunteer Centre Tower Hamlets can help you find local volunteering roles.

Search current roles and register to receive alerts about new roles at [www.vcth.org.uk](http://www.vcth.org.uk)



For support, information and advice contact:

### Family Information Service

London Borough of Tower Hamlets

Tel: **020 7364 6495** (Monday to Friday, 9am to 5am)

Email: [fis@towerhamlets.gov.uk](mailto:fis@towerhamlets.gov.uk)

Visit: [www.towerhamlets.gov.uk/fis](http://www.towerhamlets.gov.uk/fis)