

BoBs

What is BoBs?

BoBs (Bwyd o Bwys/Food Matters) is a group of children - randomly selected to have the opportunity to cook in a professional catering environment (the school kitchen) with trained staff to support them.

Last year was our first year and the children enjoyed it very much. The children from year 3 to year 6 then had the opportunity to taste the BoBs teams end product.

Unfortunately – this years BoBs won't get as much of an opportunity. Therefore – we have decided to put some of the BoBs training and recipes up on our website for you and your child to do some cooking at home.

Before beginning to do any cooking. Please encourage your child to look at this training on being hygienic in the Kitchen and how to cut food safely.

Children should always be supervised when cutting food.



Eatwell Guide

The Eatwell Guide shows the proportions and types of food that should be eaten.

It has 5 main food groups:

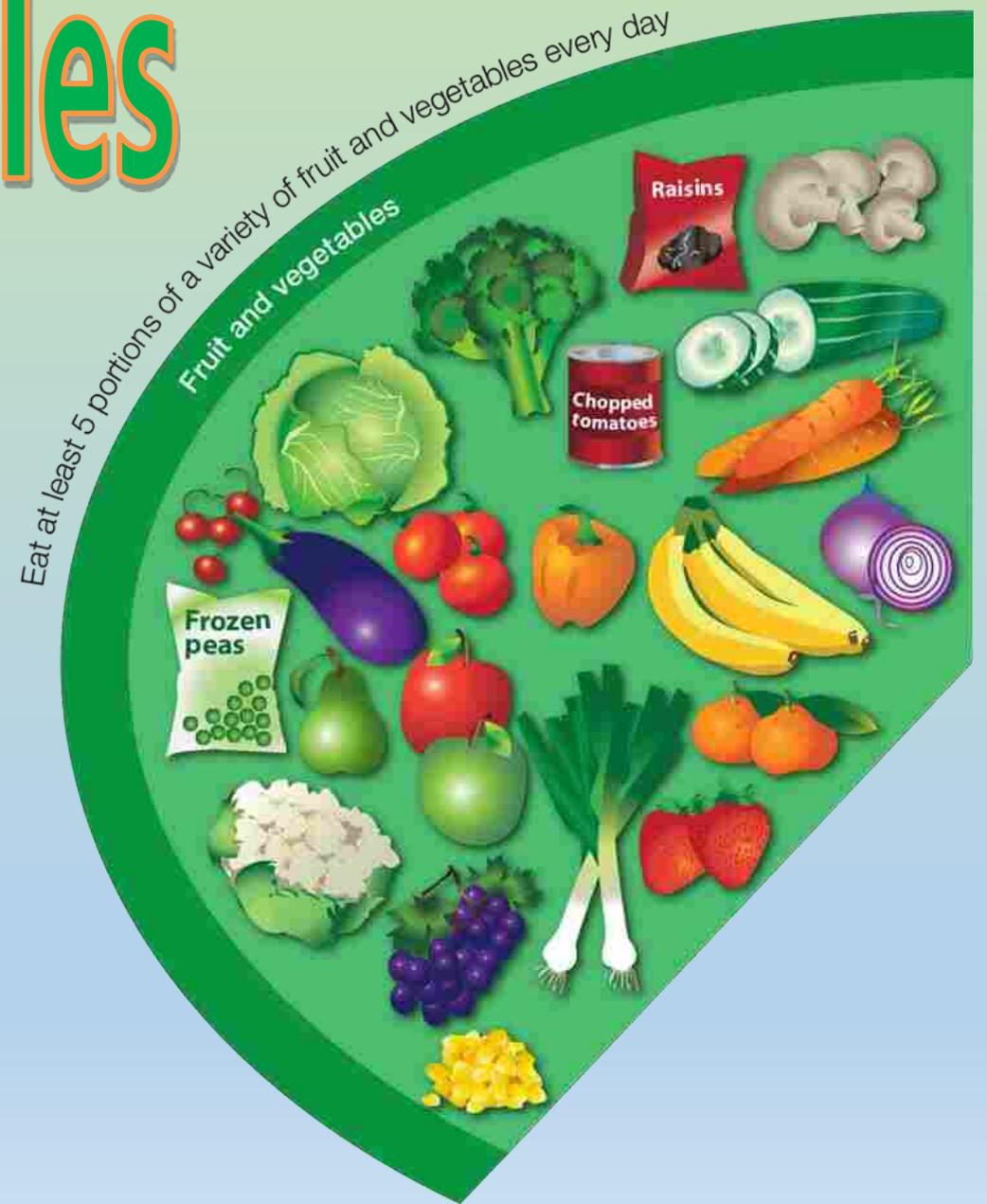
- Fruit and Vegetables
- Potatoes, bread, rice, pasta and other starchy carbohydrates
- Beans, pulses, fish eggs, meat and other proteins
- Dairy and alternatives
- Oil and spreads

We should also make sure that we drink plenty of water during the day



Fruit and Vegetables

Eat at least five portions every day.



Potatoes, bread, rice, pasta and other starchy carbohydrates

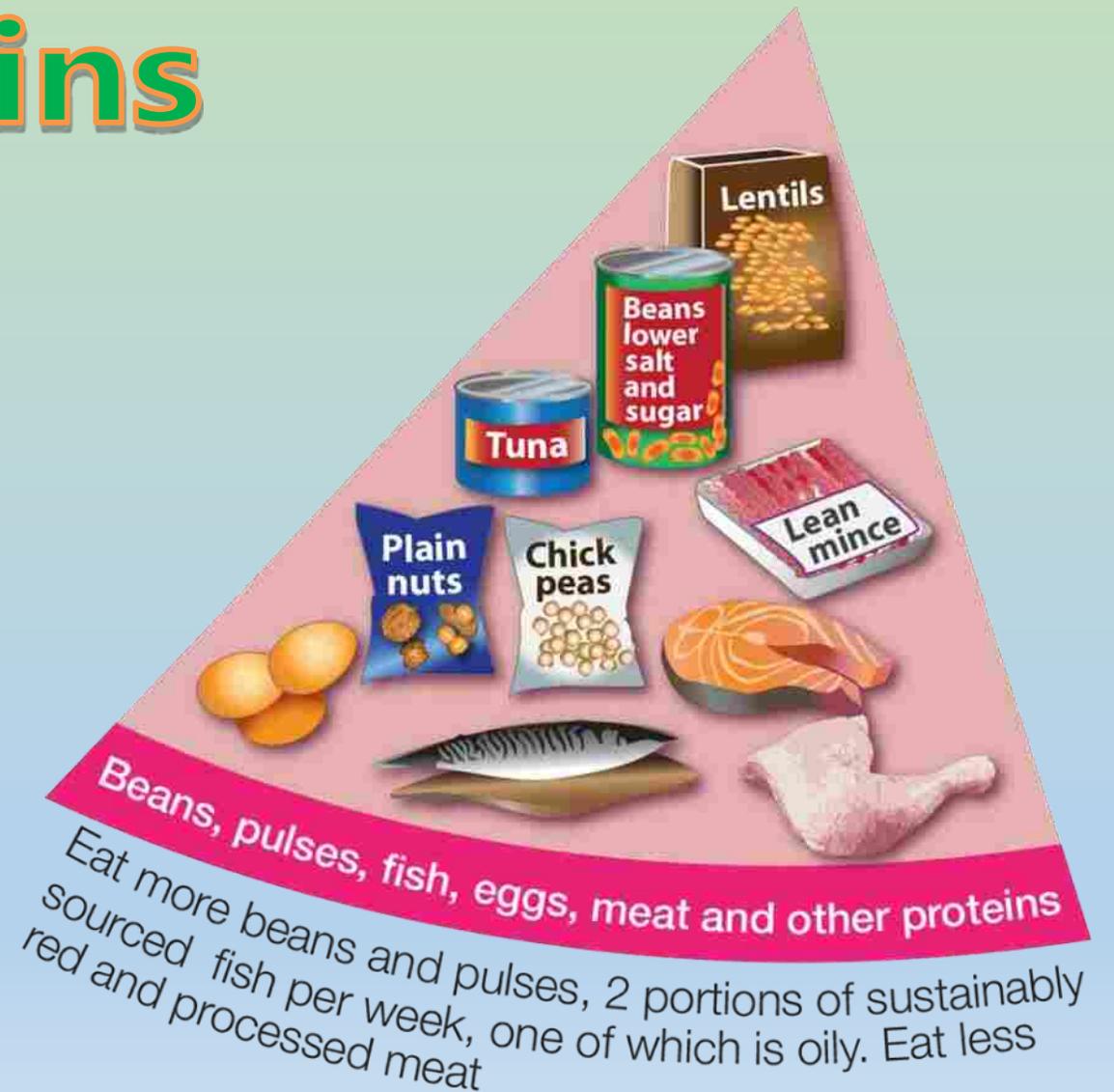
Eat a food from this group at every meal time.

Try wholegrain varieties.



Beans, pulses, fish, eggs, meat and other proteins

Eat some foods from this group every day, e.g. beans on toast or spaghetti Bolognese.



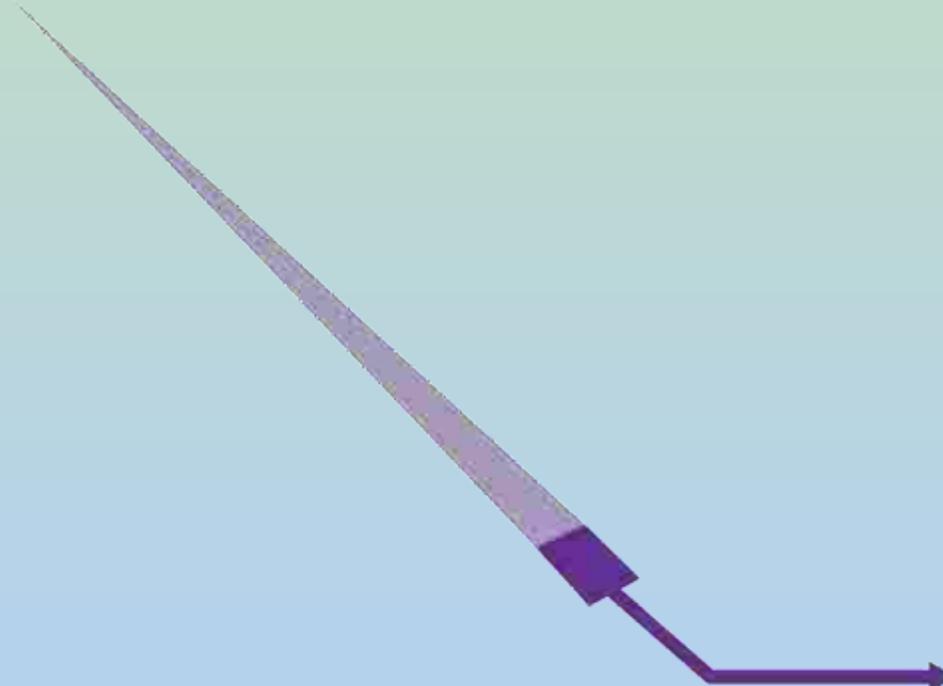
Dairy and Alternatives

Have some of these foods every day,
e.g. a pot of yogurt and a cheese
sandwich.



Oil and spreads

Eat in small amounts



Choose unsaturated oils
and use in small amounts

Drinks

**Water and lower fat milk are healthier drink choices!
150ml of juice or smoothie is recommended a day.**



Foods high in fat, salt and sugars

You do not need this type of food to be healthy. If eaten, have less often and in small amounts.



All this information is found on www.foodafactoflife.org.uk