

SATs week: Feel good fuel



Eggs contain **choline**, which supports learning and memory.



Bananas contain **carbohydrates**, which give you steady energy.



Blueberries contain **antioxidants**, which help your brain to focus.



Nuts contain **healthy fats**, which keep your tummy fuller for longer.



Wholegrains contain **fibre**, which gives you steady energy.



Dark chocolate contains **magnesium**, which helps you feel calm.



Strawberries contain **vitamin C**, which helps keep your brain sharp.



Fish contains **omega 3**, which supports your thinking.



Honey contains **natural sugars**, which give you quick energy.



Yoghurt contains **protein**, which helps you stay full and focused.

Quick breakfast ideas for busy mornings.



Superhero porridge.

Ingredients

- 40g Oats
- 5g milled flaxseed (optional)
- 240ml milk (your favourite)
- ½ banana
- 1 tsp honey
- 1 tbsp nut butter
- 3 strawberries, sliced

Method

Add oats, flaxseed (if using) and milk to a pan.

Gently heat, stirring often until creamy. Or pop in the microwave for 2-3 mins, stopping and stirring often.

Stir in honey, then top with banana, nut butter & strawberries.

To cool quickly, pop in the fridge for a few minutes if needed.



Make it fun! Use banana for eyes, strawberries for a nose and nut butter for a smile :)

Note for parents: Warm, comforting breakfasts can help children feel calmer before the school day begins.

If mornings are busy, make the porridge the night before (without toppings), then reheat in the morning and add the toppings.

Quick breakfast ideas for busy mornings.



Berry power yoghurt bowl

Ingredients

- 150g yoghurt
- 30g granola (or favourite cereal)
- 50g berries
- ½ banana
- 1 tbsp nut butter
- 1 tsp honey (optional)

Method

Spoon yoghurt into a favourite bowl.

Layer with fruit, granola, nut butter and honey (if using).



Make it fun! Arrange the fruit to create a colourful rainbow!

Note for parents: No cooking needed and can be prepared the night before. Simply add toppings in the morning. If you have time, get your child to add their own toppings! it can make breakfast time feel more fun and relaxed.

Quick packed lunch ideas.



Rainbow wrap

Ingredients

- 1 wrap
- 2 slices chicken or Quorn
- Small handful of lettuce
- Grated carrot
- Sliced cucumber
- 1 tbsp cream cheese or houmous.

Method

Spread cream cheese or houmous onto the wrap.
Add fillings.
Roll up tightly and slice into pinwheels.



Make it fun! Let your child pick their favourite coloured veggies to add to their rainbow wrap.

Note for parents: Use a wholemeal wrap for more filling fibre. If your child isn't keen on lettuce, try little gem lettuce as it's a milder, slightly sweeter option.

Add some simple sides like grapes, blueberries, cheese, crackers, crisps and maybe a little treat :)

Quick packed lunch ideas.



Pick & mix lunchbox

How to build.

Choose 1 protein + 1 carbohydrate + 1-2 fruit/veg + 1 healthy fat.

Choose 1 protein:

- Cheese
- Egg
- Chicken
- Tuna
- Quorn pieces, slices or fillets

Choose 1 carbohydrate:

- Crackers or breadsticks
- Bread, wrap or pitta
- Bagel or roll
- Pasta

Choose 1 or 2 fruit or veg:

- Grapes or berries
- Apples or pears
- Carrot sticks
- Cucumber sticks
- Cherry tomatoes

Choose a healthy fat:

- Avocado
- Cheese
- Olives
- Full fat yoghurt



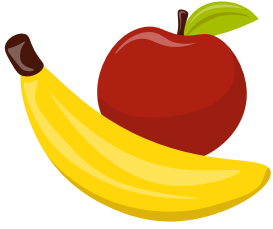
Make it fun! Let your child pick what goes in their lunchbox.

Its ok to add something fun to lunch boxes.

- A fruit bar
- A biscuit
- A mini muffin
- A treay sized bar

Note for parents: A bento style lunch box or small tubs make it easier to include a variety of foods. Use what you have at home, it doesn't need to be perfect :)

Snack ideas



Easy snack combos:

- Apple & cheese
- Cheese, crackers & grapes
- Banana & yoghurt
- Crackers, carrot sticks & houmous
- Toast, spread & sliced apple
- Rice cakes & cream cheese with cucumber slices
- Glass of milk & a biscuit
- Banana bread & yoghurt
- Malt loaf and butter
- Popcorn & fruit
- Homemade oatie bar.

Oatie bar recipe

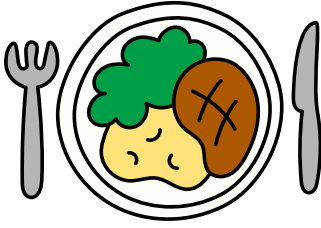
- 100g oats
- 2 ripe bananas
- 1 tsp honey
- 2 tbsp milled flaxseeds
- 1 tbsp mixed seeds
- 2 tbsp nut butter
- 100g dark chocolate chips
- 40g raisins

Method

- preheat oven @170°C
- Mash bananas
- Add all other ingredients & mix well.
- Grease an ovenproof dish, add mixture & press down.
- Bake for approx. 15mins or until golden.
- Allow to cool and then cut into squares.

Get creative! Add a variety of fruit, grated veg, nut or seeds!

Dinner ideas



- Spaghetti bolognese + side of veg
- Jacket potato + beans + cheese
- Chicken + rice + veg + creamy sauce
- Wrap or pitta pizza with veg sticks
- Fish fingers + chips + veg
- Pasta with tomato sauce + sausages + peas + cheese
- Potato waffles + egg + beans
- Wrap with chicken, tuna or a vegetarian filling + chips + salad
- Chilli con carne + rice
- Vegetable & cheese frittata + new potatoes + veg

Note for parents: Evening meals don't need to be perfect, especially during SATs week. Familiar, filling foods and a calm routine is what matters the most.

Hi, I'm Charlie, an AfN Nutrition coach & mum of two.

I'm passionate about making food enjoyable, fun & nutritious, whilst keeping it simple and realistic for everyday life.

"Small, simple changes can make a big difference"

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