

Too much sugar is bad for our health and too many foods that we eat contain too much sugar.

What's the maximum daily amount of sugar we can have?



In February of 2019 we invited school pupils to use their knowledge and creativity to design a Sugar Smart Swap Healthy Snack. These are the winning recipes.

Helen Johnstone, Health Improvement Specialist, Manchester Healthy Schools

HOW TO BE HEALTHY In 5 steps

Get active each day

Choose water as a drink

YUM!

Eat more fruit and vegetables

Eat fewer unhealthy snacks

Avoid too much sugar

Get active!

Eat healthy, be healthy!

Eat fresh!

Banana and Strawberry Pancakes

Ingredients

- 50g plain flour
- 150ml milk
- 1 large egg
- 1 large banana
- 2 large strawberries
- Cooking spray
- Optional toppings: raisins, fruit, low sugar yoghurt

Recipe by:
Kenzi Hedges-Knott
Yr3 Barlow Hall Primary School



RECIPE:

- Mix the flour and milk in a bowl.
- Add the egg and whisk to a smooth batter.
- Mash the banana in a separate bowl and then add to the batter.
- Mash the strawberries in a bowl and add to the batter.
- Spray cooking oil in a small frying pan and turn up the heat, when the pan is hot add a few spoons of the batter and cook for 1 minute on each side.
- Serve and decorate with toppings, if using.

Fun and exciting HEALTHY SNACKS!

Snake Fruit Kebabs

YUM!

Nut Butter, Banana and Chia Seed Toast

Banana and Strawberry Pancakes

Breakfast Banana Pops

Oat Chocolate Bowl

Tooty Fruity

YUM!



STAY HEALTHY!

Nut Butter, Banana and Chia Seed Toast



Recipe by:
Tamira Ajidagba
Yr6 St. Anne's RC
Primary School

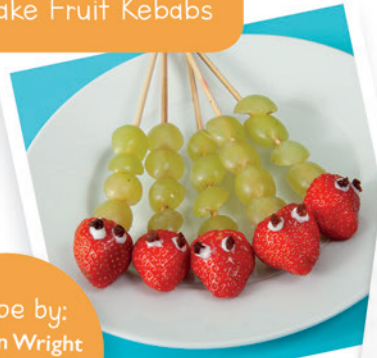
Ingredients:

- Banana
- Brown bread
- Nut butter
- Chia seeds

RECIPE:

- Cut the banana into slices.
- Toast the bread in the toaster.
- Butter the toast with nut butter, place banana slices on top, sprinkle with chia seeds and enjoy!

Snake Fruit Kebabs



Recipe by:
Morgan Wright
Yr5 St. Bernard's
RC Primary

Ingredients:

- Grapes
- Large skewers
- Strawberries
- Yoghurt
- Small raisins

RECIPE:

- Cut grapes in half lengthways and put a few onto your skewer (this will be your body).
- Put a large strawberry onto the end of the skewer (this will be the head).
- Place 2 dabs of yoghurt onto the strawberries, then add 2 raisins on top (these will be eyes).
- Put into the fridge for later or eat straight away.

Breakfast Banana Pops



Ingredients:

- (Makes 3 portions)
- Shop bought (low sugar) granola or homemade granola: -1tbsp pureed apple, 1/2 tbsp honey, 3 tbsp oats, 1/2 tsp cinnamon
 - 3 small yoghurts of choice: use low sugar version
 - 3 bananas
 - Lolly sticks or skewers

Recipe by:
Manchester Fayre
& St. Paul's CE
Primary School

RECIPE:

- If making homemade granola preheat oven to 180°, if not skip next step.
- Combine all granola ingredients in a bowl and pour onto lined baking tray and bake for approx. 30 mins, turning regularly until toasted. Allow to cool.
- Pour yoghurt onto a plate.
- Sprinkle the granola onto another plate.
- Peel bananas and chop each one in half.
- Poke a lolly stick or skewer into each half of banana.
- Roll the banana in the yoghurt until coated and then roll into the granola, holding the stick until the banana is coated. Put into the freezer for later or eat straight away.

Oat Chocolate Bowl



Ingredients:

- Milk
- Oats
- Low sugar chocolate spread (or cocoa and honey)
- Strawberries

Recipe by:
Colette Tchokotcheu
Yr4 St. Dunstan's
RC Primary School

RECIPE:

- Pour milk and oats into a bowl and put into the microwave (following packet instructions).
- Let it cool for a moment and add a spoonful of low sugar chocolate spread and stir.
- Chop some strawberries and place them on top and yummy yum yum!

Tooty Fruity



Recipe by:
Areesha Asad
Yr5 Alma Park
Primary School

Ingredients:

- Low sugar or low fat custard
- Fresh fruits
- Pre-made low sugar jelly
- Nuts/sprinkles optional

RECIPE:

- Take a bowl, pour a little custard into it.
- Add your favourite chopped fruits (strawberries, blueberries, grapes, banana etc).
- Add jelly, chopped up.
- If using toppings, sprinkle on top - your tooty fruity is now ready.

YUM!