

Healthy Kids

Myrecess Time

Newsletter - August 2021

RAINBOW BENTO MAKING 2021

Our Primary 1 PAL teachers turned Sous Chefs, as the school conducted its first Rainbow Bento-Making session with the students on 14 May 2021. Students and teachers were all very mindful of food hygiene and observed Safety Management Measures. Donning the chef's hat and apron, wearing gloves and with their masks on, our Primary 1 students and teachers were ready to get started!

In partnership with SATS, 2021 is the second year bringing our students this hands-on experience in co-creating their own bento meals. This year, the session was somewhat unlike 2020, as the students had to stay in their classes. Starch and vegetables were pre-packed in the bento boxes and students were given a choice between chicken and egg omelette for their protein selection.

There was a close fight between the chicken chop and omelette.

Zi Fei and Zhenghong, from 1 Ruby, chose chicken chop because it was very flavourful.

"I love the many choices. The vegetarian choices are tasty!" Sri Raman from 1 Ruby, shared delightfully.

Yu Hong from 1 Opal, on the other hand, chose omelette as he loved the omelettes prepared by his domestic helper. His classmate, Gao Sheng, liked the omelette as it looked like a sunflower.

Before the students started on their bento-making session, SATS nutritionist, Ms Loy Huey May, shared with them the importance of having a well-balanced diet that supports their growth.

"I like making my own bento!" April from 1 Opal, was heard sharing with her Form Teacher, Mdm Yeo.

"This is the best meal I ever had! I like how we made the food and decorated it!" shared Ayden from 1 Ruby, when asked about his experience.



WE HEAR YOU

Based on our students' feedback and preferences, the SATS Culinary Team came together and created new items for Term 3's menu.



CLAYPOT CHICKEN RICE

Claypot Chicken Rice got our chefs thinking hard – how do we achieve the desired effect in the healthiest way? Let's lightly flavor the rice with the signature dark soya sauce of the local delight, and there we go, a Claypot Chicken Rice that is suitable for the students! Paired with braised chicken and blanched vegetables, it is indeed a balanced meal suitable for all. A great way to be introduced to this dish if you have not tried it before too.

ROTI PRATA

In conjunction with Singapore's Birthday, we specially curated Roti Prata with Curry as a celebration together with the school. The main challenge was to strike a balance between authenticity and taste – which the SATS Culinary Team managed to achieve. We were glad that we received raving reviews about it from the students!



Want to know more about the Be Bright Eat Right Programme?
Find out more on the school website!

www.blangahrisepri.moe.edu.sg/parent-support-group/sats-school-meals-programme/



Need more information on our programme or how healthily your child is eating?

Ask our panel of Dietary & Culinary Experts at sats_schoolmeals@sats.com.sg

Have enquiries?

Call the school general office at 62717387 or email us at brps@moe.edu.sg!

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