

Healthy Kids Myrecess Time

Newsletter - November 2021



Create a Pasta Workshop (Primary 2)

Eating Healthy is just like
playing Scissors, Paper, Stone!



SCISSORS



2 SPOONS OF
VEGETABLES

PAPER



A PALM FULL
OF PROTEIN

STONE



A FIST SIZE
OF STARCH



As part of the Be Bright, Eat Right Meal Subscription Programme, our Primary 2s had the opportunity to be chef for a day with their friends in class with a Bento Building Workshop!

They learned about eating healthy using the rainbow colours and eating moderately using Scissors, Paper, Stone!

Students were tasked to select their preferred protein to be paired with their pasta. The usual suspects include Chicken Meatballs, Chicken Ham, and Diced Beancurd for those who prefer a soy based selection. Next, students got to choose between tomato sauce and creamy white sauce, with the latter being a more popular choice! Last but not least, students also got to decorate their pasta bowls with sesame seeds, raisin, and seaweed strips, making their pasta bowl even more attractive.

We look forward to an exciting school year ahead in 2022 with more activities planned for everyone on board the programme!

Salmon Fish Fingers

with Guacamole Salad

Seasons Greetings from the SATS Team!

As the school term comes to an end, let's reflect on the year and usher the festive spirit!

Here's a healthier alternative Salmon Fish Finger that you can easily prepare at home with your loved ones as a quick snack or a party food.

ingredients

(suitable for 2~3 pax)

Fish Fingers:

- 2 Fillets of Salmon or Any other White Fatty Fish, Cut into 1 inch width, 3 inch length
- 1 Cup of Lemon Zest
- 2 Eggs, Lightly Beaten
- 1 Bowl of Breadcrumbs
- Salt and Pepper
- One Spoon of Oil

Guacamole Salad:

- 1 Avocado
- 8 to 10 cherry tomatoes
- 3 Spoons of Lime Juice
- Half a Red Capsicum
- 3 tablespoon full of corn kernels
- 1 teaspoon of oil



instructions

Fish Fingers:

- Mix the Breadcrumbs with the Lemon Zest, Salt, and Pepper.
- Lightly beat the 2 eggs
- Put the fish fingers into the egg wash, then coat it thoroughly in the breadcrumbs mix
- A point to note: Keep one hand dry and the other hand available for the handling of wet objects
- Lay a parchment/baking paper on to the baking tray to prevent the fish fingers from sticking to the tray
- Preheat the oven for 10 to 15 minutes at 180 degree Celsius before baking the fish fingers
- Place the fish fingers on the tray, and leave some space in between the fish fingers
- Pop them into the oven and bake for 15 minutes

Guacamole Salad:

- Dice the Avocado, Cherry Tomatoes, and Red Capsicum
- A point to note: Keep the Avocado chunky for more texture
- Toss the diced avocado, cherry tomatoes, red capsicum, and corn kernels together
- Add in the lime juice to dress the salad
- Drizzle the oil as dressing and mix the salad well



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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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