

Hello everyone, we hope you are all safe and well. Make sure you stay in contact with us and let us know how you are doing. Ask your teacher or tutor for help if you need it.

We are now making plans for you to be back in college very soon. Your teachers look forward to seeing you and as tutors, we will still be here for you remotely so don't hesitate to contact us if you need anything.

This week's bulletin has the theme of **Food**.



Food glorious food!

It is common knowledge in the UK that there is a well-established link between diet and physical health. There is a growing body of evidence indicating that nutrition may play an important role in the prevention, development and management of diagnosed mental health problems including depression, anxiety, schizophrenia, Attention Deficit Hyperactivity Disorder (ADHD) and dementia.

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day. If consuming foods and drinks high in fat, salt or sugar have



8 ways to manage your mood with food (mind.org.uk)

<https://www.youtube.com/watch?v=CSHO9VdVRfg>



Cupcake Jemma has lots of videos on Youtube for baking. Here is one:

<https://www.youtube.com/watch?v=Y78RXjEsn04>

Cheap and cheerful recipes:

<https://www.youtube.com/onepoundmeals>

Try a new recipe!

Smoothie recipes:

<https://www.bbcgoodfood.com/recipes/collection/smoothie>

Vegetarian chow mein:

<https://www.youtube.com/watch?v=xQyZYPZT0tl>

Jamie Oliver's sweet potato tikka masala:

<https://www.youtube.com/watch?v=KzMo7e7ltF4>

Master chef John Zhang shows you how to make the most epic rice recipe with step by step instructions.

<https://www.youtube.com/watch?v=S1LB4t34X08>

Foods to improve your mental health and wellness (anzmh.asn.au)

Oily fish (salmon, prawns) contains Omega-3 fatty acid, which helps improve both short and long-term memory and can also help to boost feelings of mental health and wellness and reduce levels of anxiety.

Berries (strawberries, blueberries, raspberries) contain antioxidants to assist in improving symptoms associated with anxiety and depression

Yoghurt - probiotics found in cultures such as yoghurt can also impact a person's mental health, assisting in lowering levels of stress, anxiety and depression.

Wholegrains - are a rich source of tryptophan, an amino acid that helps to produce serotonin (aka, the 'feel good hormone').

Walnuts - are full of antioxidants, and can also lead to the growth of new brain cells, an essential aspect of maintaining good mental health.

Leafy greens - (spinach, kale) may result in a slower rate of cognitive decline

Beans - (chickpeas, lentils, kidney beans) are one of the top food choices for a happy, healthy brain. They keep you fuller for longer and enable you to burn more energy.