



The

Little Table of Great Goodness

WHAT is it?	Give me a clue..	What does it have in it and WHY is it good for me?
Baked beans	Help you to do number 'twos'!	<ul style="list-style-type: none"> • Fibre: insoluble fibre (the chewy shells of the beans!) are great for moving food through your digestive system efficiently- that's from your mouth to the other end ;) • Protein: as much as in a piece of steak-for building muscles, hair, nails, enzymes (special agents that help processes in your body go faster, like digestion), and lots more.. • Complex carbohydrates: they provide slow release energy, much better than simple carbohydrates (like sweet snacks), which give you a quick boost of energy then quickly leave you feeling tired again.. <p>Top tip: look out for the 'low sugar/low salt' tins of baked beans –you won't be able to tell the difference, but your body will!</p>
Porridge oats	A superfood for super athletes (and everyone else)!	<ul style="list-style-type: none"> • Fibre: insoluble fibre (like baked beans), and soluble fibre- makes a jelly like blob of your food in your digestive system that keeps things moving too, preventing too much cholesterol (a bad fat) from being absorbed into your blood vessels • Complex carbohydrates (like baked beans) • Minerals needed for your bones to develop properly • Iron for your blood: to carry the oxygen to your organs <p>Top tip: sprinkle some drinking chocolate powder over your porridge as a special treat (although honey is much better for you ;)</p>
Avocados	A natural face pack ;)	<ul style="list-style-type: none"> • Vitamin E: for Eeeexcellent skin! And your immune system needs it too, to fight off those nasty germs • Unsaturated fats: those lovely essential 'fatty acids', which give you a good memory and a healthy heart, by keeping down levels of the bad fats in your blood- amazing eh? • B vitamins and folic acid: for making the tiny red blood cells that carry all the oxygen around your body, which keeps your organs alive! <p>Top tip: ask mum for some mild Guacamole, and dip some breadsticks into it</p>
Bananas	Make Ben feel happy!	<ul style="list-style-type: none"> • Potassium, a mineral that keeps your heart working well • Tryptophan, which makes SEROTONIN- one of the feel good chemicals your brain loves, making you feel happy or relaxed • Carbohydrates- fruit sugar (natural sugar in fruits) is much better for you than 'refined' sugar (the stuff in packets, cakes and biscuits) because your body finds it much easier to process • B vitamins which help to make energy and help with skin problems and asthma <p>Top tip: have crunchy banana chips if you don't really like the texture of fresh bananas</p>
Garlic	DR FREG's favourite veg	<ul style="list-style-type: none"> • Fights bacteria, viruses, fungal infections • Can shorten the length of a cold! <p>Top tip: ask your parents to bake a whole bulb of garlic in the oven, then have fun pulling the little soft cloves from their shells- you won't believe how sweet they are!</p>

Kiwi	The Germbuster	<ul style="list-style-type: none"> • More Vitamin C than any other fruit: Vitamin C is THE magic vitamin because it 'carries' a lot other vitamins that your body needs, so REALLY helps you to stay healthy • Omega 6 fatty acids in the black seeds which help with eczema and keep your skin lovely and soft • Kiwis have natural digestive enzymes: these are the special agents you need to break down food, quickly! <p>Top tip: scoop out half a kiwi like a boiled egg for a tasty snack, but make sure it's ripe and soft, otherwise it won't be as sweet</p>
Carrots	Supernighttime vision	<ul style="list-style-type: none"> • Beta-carotene: their orange colour means they can make Vitamin A (up there with superVits E and C in terms of protecting you against bugs, and helping your skin be soft and a safe from too much sun) AND also famous for helping give you super night time vision <p>Top tip: you need fat to help absorb Vitamin A, so pour a dressing made from oil and vinegar over grated carrots for a tasty, nutritious salad!</p>
Raisins (by the way, these are just dried grapes)	Gates outside Buckingham Palace	<ul style="list-style-type: none"> • More iron than any other fruit, which is the mineral that makes haemoglobin (which carries the oxygen in your red blood cells to your organs). • Rich in minerals called 'the heart salts' because they are so important for keeping your heart pumping efficiently (Potassium and Magnesium) <p>Top tip: try raisins coated in yoghurt (or chocolate occasionally?)</p>
Broccoli	Like milk?!	<ul style="list-style-type: none"> • More calcium in raw broccoli than in a glass of milk, so great for making your bones strong! • Most people agree this green mini tree has mega superfood qualities: including special vitamins, and minerals, anti-biotic and anti-viral properties and lots of fibre <p>Top tip: try making a raw broccoli salad with mum or dad (break it up into florets), with grated cheese, mayonnaise and chopped spring onions- you will never cook it again! (and it is SO much better for you raw than cooked, because cooking destroys lots of the goodness in fresh fruit and veg)</p>
Sunflower seeds	"Good" fats???	<ul style="list-style-type: none"> • Essential fats in sunflower seeds (those Omegas 3&6 again) are useful for so many aspects of your development: brain, nerves, hormones, digestion, eyesight, heart, blood circulation and breathing. So much power in a tiny seed!!? • Vitamin E: for eeexcellent skin (and brain and heart actually!) <p>Top tip: grow sunflowers early in Spring, so that the flower heads ripen by the end of the Summer, and pop the little seeds out of their black cases for a well earned snack!</p>
Courgette or Cucumber?	Veggie sabre fight!!	<ul style="list-style-type: none"> • Both have a lot of water in them, so are good for cleaning out your body and getting rid of waste chemicals, and helping it to digest food you have eaten • Folic acid, in courgettes, makes the genetic material (a protein) in your cells- that's the micro- computer in each cell in your body that controls what it does! <p>Top tip: if you grate a raw courgette it will taste just like cucumber in a salad</p>