

**C**yril knows all about balancing things.

He performs a balancing act in Mr. Stroganoff's Circus.

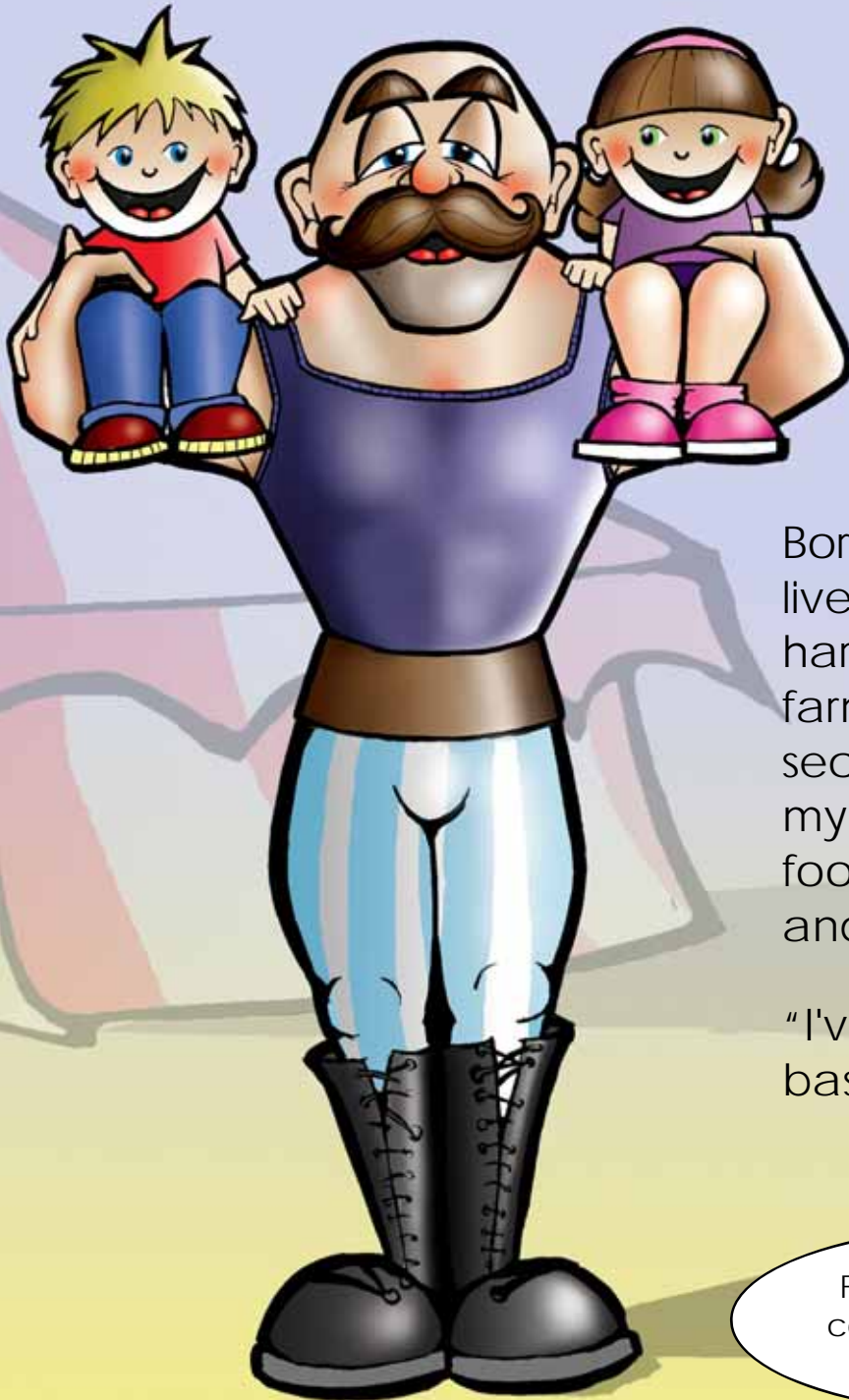
As a special treat Mr. Stroganoff invited his niece Emily and her best friend Ben to the circus to meet the performers and have a picnic before the show.

Cyril the circus seal showed them around and they learned a balancing act of their own.

That's me!



**F**irst they met Boris the Russian strongman. He was enormous with the biggest muscles the children had ever seen.



Boris scooped the children up and put them on his shoulders.

Ben asked Boris how he had grown so big and strong.

Boris replied: "When I lived in Russia I worked hard on my parents' farm but I think the secret of my strength is my food. My favourite foods are chicken, fish and boiled eggs."

"I've put some in your basket for your picnic."

Fish, meat and eggs contain **protein** which helps us grow.

So do nuts, grains and pulses!



fish, meat and  
vegetarian  
alternatives



**L**ee and Ling, the Chinese jugglers, were practising for the show. But instead of using balls they were juggling with fruit and vegetables.

Lee explained: "Back home in China we worked on our father's market stall. People used to flock to see us when we learnt to juggle and bought lots of fruit and vegetables from our stall."

"Did you know," said Ling, "that we should eat five helpings of fruit and vegetables every day to keep us healthy? Here are some for your picnic."

They tossed some fruit and vegetables in the air for the children to catch.

Fruit and vegetables contain **vitamins** and **minerals** which help us fight colds and keep our eyesight and skin healthy.



fruit and vegetables

**N**ext the children saw the clowns' act.

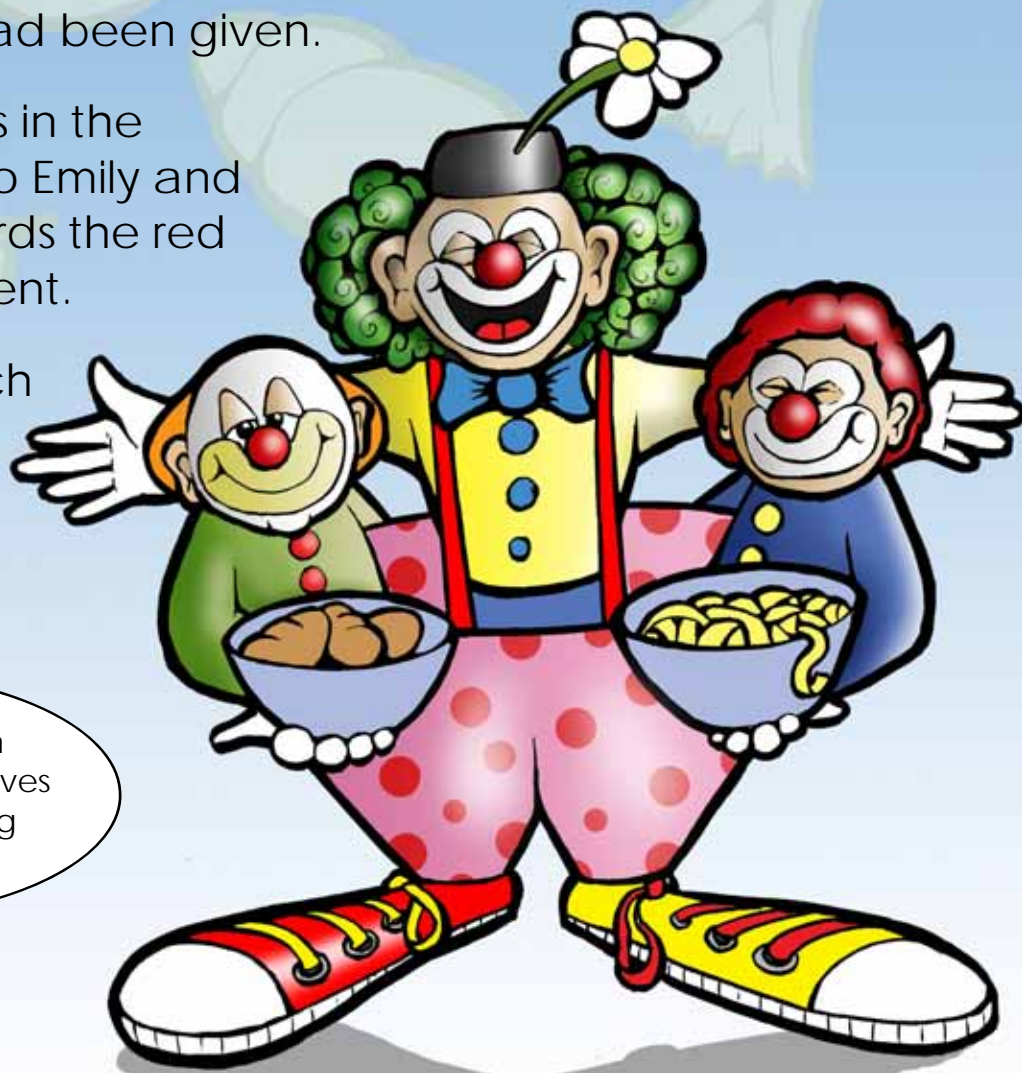
They laughed so much they had to sit down. "You must be tired," said Emily.

"No," said one of the clowns, "we eat pasta and bread to give us energy! Now it's time for our tea!" he said, putting an enormous bowl of pasta salad in front of them.

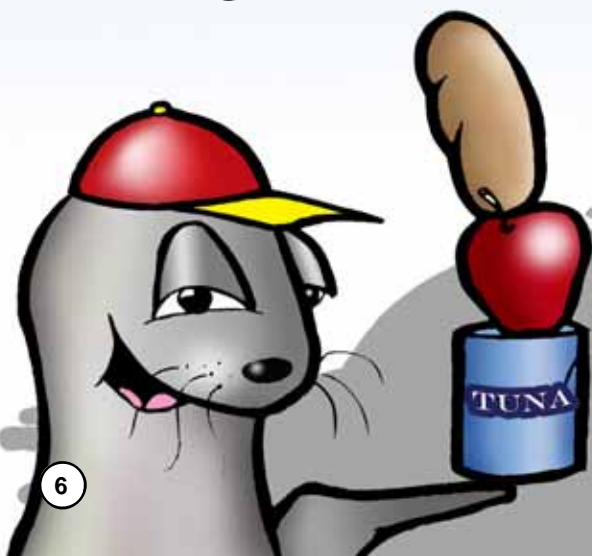
"Take some for your picnic and Cyril can take some bread." Cyril balanced the bread with the other things they had been given.

"Go and see who is in the 'big top'," he said to Emily and Ben, pointing towards the red and white striped tent.

They looked at each other. Surely they had seen all the acts by now...



These foods contain **carbohydrate** which gives us energy over a long period of time.





**T**hey walked into the big top.

"Look Ben... up there... are they birds?" asked Emily. "No they are trapeze artists!" Ben replied.

Ben and Emily watched in amazement as one trapeze artist did a somersault and caught her friend's hands. Then they both twisted gracefully in the air and landed safely on the ground.

"Wow! Do you ever fall and break your bones?" asked Ben.

"Our bones are very strong because we drink a lot of milk. We'll give you a carton to drink with your picnic," they said.

MILK

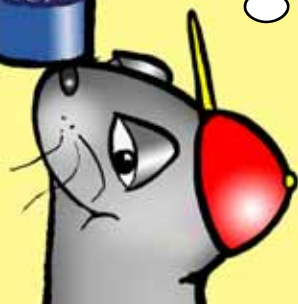


568 litres

I like cheese!



Dairy products contain **calcium** which helps build strong bones and teeth.



milk and dairy products

# T

hen it was time for their picnic.



Mr. Stroganoff came to join them. "Are you having a good time?" he asked. "Oh yes," exclaimed Emily, "we've made lots of friends and they have all given us food for our picnic."



Mr. Stroganoff filled some cups with water. "It's the best thing when you're thirsty," he said. "And I've brought some chocolate cakes for afterwards." Cyril clapped his flippers. He loved chocolate cake!

Here are the foods Emily and Ben's circus friends gave them...

- ◆ Chicken and eggs for protein to help make them strong
- ◆ Pasta and bread for carbohydrate to give them energy
- ◆ Fruit and vegetables for vitamins and minerals to help keep them healthy
- ◆ Milk for calcium to give them strong bones and teeth
- ◆ Chocolate cake to finish!
- ◆ Water to quench their thirst

So they had a **perfectly balanced** meal



**S**uddenly Mr. Stroganoff jumped up. "It's time for the show!" he exclaimed. They all ran into the big top.

"Ladies and gentlemen, boys and girls. Welcome to Stroganoff's Circus!" he bellowed. All of Emily and Ben's new friends performed their acts brilliantly. The crowd loved it, shouting for more!

Just when they thought it was all over, there was a tremendous



Everybody looked up to see someone flying over their heads.

"Who was that?" shouted Ben, looking very surprised. It was Eddie, the Human Cannonball. He eats lots of baked beans to give him fibre! This helps to keep the inside of his body healthy!

The children went home with many happy memories of their day, and plenty to think about. Especially everything that Cyril the seal had shown them about getting the right balance with food.

# Recipes

Try these at home with a grown-up.



## Jugglers' Vegetable Soup

### Ingredients:

2 sticks celery, finely sliced  
1 small onion, finely chopped  
1 small carrot, finely chopped  
1 medium potato, peeled and finely diced  
250ml vegetable stock  
1 tablespoon frozen peas  
Black pepper to taste

### Directions:

Put the celery, onion, carrot and potato in a medium size saucepan with the stock and pepper. Bring to the boil, cover and simmer for 10 minutes. Add the peas and cook for a further 10 minutes. Serve with hot pitta bread.

## Ben's Banana Milkshake

### Ingredients:

1 banana  
250ml milk, chilled  
1 scoop vanilla ice cream

### Directions:

Place all ingredients in a blender or food processor and blend until smooth. Serve straight away decorated with slices of banana.

## Emily's Easy Bread

### Ingredients:

225g wholemeal flour  
½ teaspoon cream of tartar  
½ teaspoon bicarbonate of soda  
125ml full milk

### Directions:

Heat the oven to 250°C. Mix all dry ingredients together. Add the milk and mix to an elastic dough (stretchy but not sticky!). Shape the mixture into a round. Put on a floured baking sheet and mark into four sections with a knife. Bake for 30-40 minutes until firm and well browned. Cool on a wire rack.

## Clown Faced Pizza

### Ingredients:

2 English muffins or medium sized bread rolls cut in half  
Tomato purée  
50g Cheddar cheese, grated  
Tomato, sliced, few slices of green and red pepper  
mixed herbs and black pepper

### Directions:

Place the halved muffins or bread rolls on a baking sheet. Spread the tomato purée over the bread evenly. Spread the grated cheese over the tomato sauce. Now make the clown's face from the sliced tomato and peppers. The tomato makes a good nose and base for the eyes. Put the green peppers over the tomato eyes in a cross. Use a slice of red pepper for the mouth. Bake in a hot oven (200°C) for 20 minutes. Serve immediately.

# Let's Look at the Label



## Protein

- important for body growth and repair
- found in the food group 'meat, fish, & vegetarian alternatives' (such as beans, grains and pulses)

## Energy

- expressed as kilocalories (kcal) commonly referred to as calories, or kilojoules (kJ) shows how much energy a given amount of food supplies

## Sodium

- the higher the sodium the more salt in the food
- too much salt can lead to high blood pressure
- 7 to 10 year olds should have no more than 5 grams of salt (2 grams sodium) a day

NUTRITIONAL INFORMATION		
Typical Values	per 100g	per portion
ENERGY	344Kj/82Kcal	688Kj/164Kc
CARBOHYDRATE	8.2g	16.4g
PROTEIN	4.4g	8.8g
of which is sugars	3.4g	6.8g
FAT	3.5g	7.0g
of which saturates	1.1g	2.1g
monosaturates	1.4g	2.9g
polyunsaturates	0.9g	1.9g
FIBRE	3.9g	7.8g
SODIUM	0.5g	1.0g

**Look for hidden sugars**

### fruit drink

#### Ingredients:

Water  
**Glucose**  
**Maltose**  
 Fruit juices (6%)  
**Fructose**  
 Citric Acid  
 Flavourings  
 Vitamin C

These are all sugars

## Fat

Three main types:

- saturated fat - can lead to raised cholesterol levels in the blood if consumed in large quantities which in turn can cause heart problems
- monounsaturated fats and polyunsaturated fat - are cholesterol 'neutral'

## Carbohydrate

- can be divided into sugars and starches
- starches are found in the food group 'bread, cereals and potatoes', and give slow release 'fuel' energy
- they also provide vitamins & minerals
- wholegrain starchy foods are rich in fibre, important for a healthy digestive system
- sugary foods supply energy for a shorter time and should be consumed in moderation