WATER

GERMS

DISINFECT

CLEAN

Z F J K P R R N I J G G H M G
W V W K W X Q O U W E Q B A E
A S R O P V C C S E A A A U G
T D Y X B N Y F J K J S W P V
E N D I S I N F E C T A H X Q
R S N M I K E C L E A N E F F
T O S U L C D C V F H Y L G I
E A R G W V A T T L Y B F C M
C P V E N O D U N I G Q N B G
U G G R X W E S Y U I O R P W
H V V M H A N D S E E E F T H
A U G S X V Y R P O N C S B U
C X H D J U H T F F E Z N Z D
H I Q O Q V T U M J L F K R V
M T R Y P A R W R O Q U C Y H

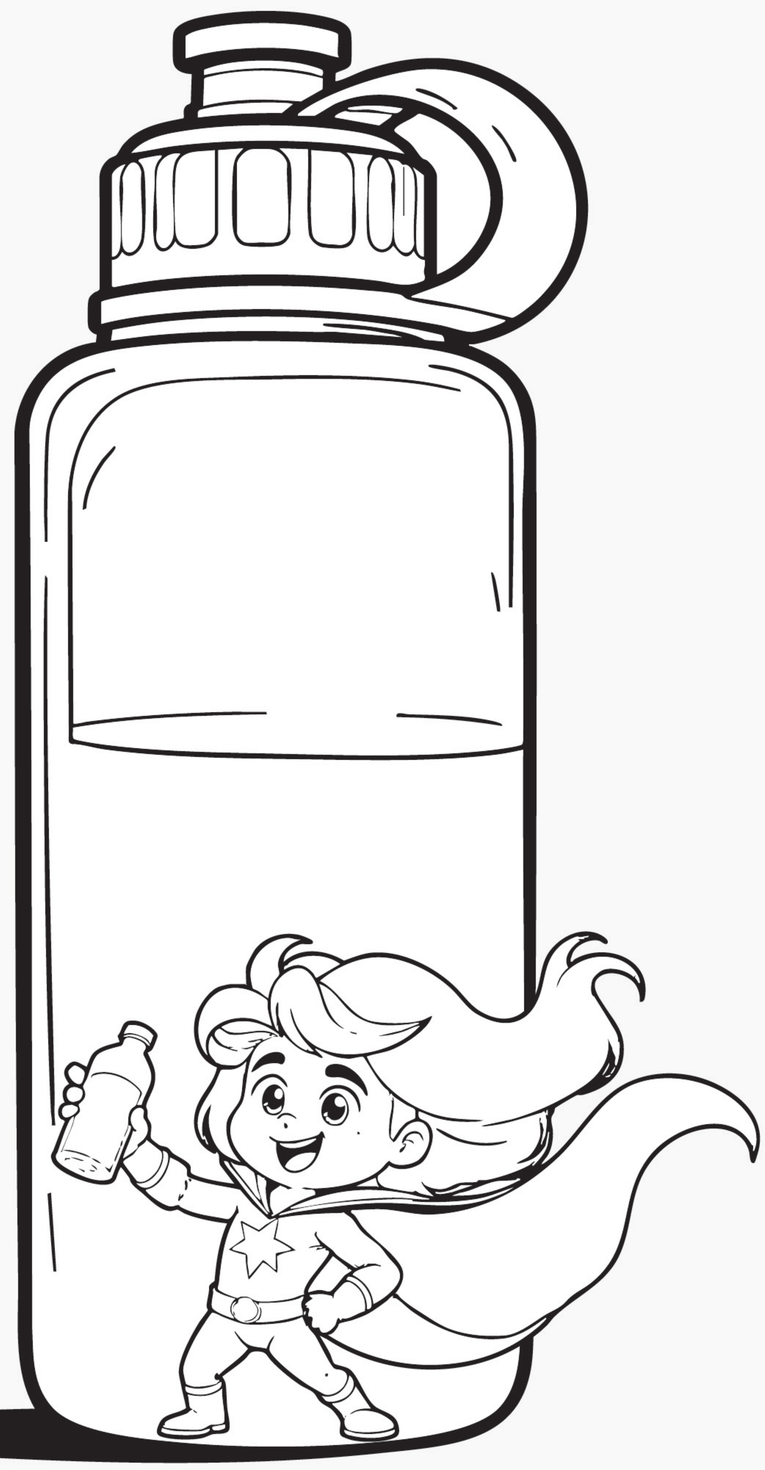
HANDS

SOAP

WASH

HYGIENE

Create your own superhero water bottle



Why Washing Hands is Super Important

Washing your hands is one of the easiest and most powerful ways to stay healthy—just like a real superhero!

Every day, your hands touch lots of things—door handles, toys, food, pets, and even your face. Along the way, germs and viruses can stick to your skin. These germs are super small—you can't see them, but they can make you sick.

When you wash your hands the right way, you blast those germs away! This helps stop the spread of:

- Colds.
- Flu.
- Stomach bugs.
- All sorts of sneaky sicknesses.

When to Wash Your Hands

Handwashing Heroes always wash their hands:

- Before eating.
- After coughing, sneezing, or blowing your nose.
- After using the toilet.
- After playing with pets.

Always wash your hands before preparing food

1 Wet your hands

2 Add soap

3 Rub hands together

4 Cover hands with soap

5 Clean between fingers

6 This should take about as long as it takes to sing "Happy Birthday" ... twice.

7 Rinse all the soap off

8 Dry your hands completely

Antrim and Newtownabbey Borough Council

Mid & East Antrim Borough Council

Northern Healthy Lifestyles Partnership

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Date Defenders

Use By Dates and Best Before Dates

Best Before VS Use By Date

Best Before Date - The Freshness Finder!

This date means the food is at its best quality before this day. After the Best Before date, the food might not be as fresh, but it's usually still safe to eat.

Examples of food that have a Best Before date - crackers, biscuits, flour, plain breads and rolls.

Use By Date - The Danger Detector!

This date tells you the last day you should eat the food. After this date, it might make you sick — even if it looks and smells okay!

NEVER EAT FOOD AFTER THE USE BY DATE!

Examples of food that have a Use By date - meat and poultry, seafood, dairy products, ready to eat foods.

Why the Dates Matter:

- They help protect you from getting sick.
- They help you eat food that's fresh and taste good.
- They stop wasting food, because you know what's still okay to eat.

Hydration

Signs you are not getting enough fluids.

- We can feel tired.
- Our skin and lips become dry.
- We might get a headache.
- Our pee is darker in colour.
- We pee less often.

Why do we need to drink fluids?

- Fluids keeps our bodies working well and help us stay fit and healthy.
- We lose water every day when we sweat, breathe and go to the toilet.This water needs to be replaced by drinking and eating foods that have a high water content.

We should try to have fizzy drinks less often. These often contain lots of sugar. Even if they are sugar-free they can lead to tooth decay.

Try to reach a target of 6-8 glasses of fluid a day! (Water and milk are the best choice).

The amount needed can vary, depending on gender, age climate and activity level.

Our body is made up of 60% water!

How to stay Hydrated

1. Drink more fluids on days when you are very active, for example, playing football, dancing or riding a bike. All these activities can make your body lose more water.
2. Drink with every meal. This is one easy way of adding more fluids into your day.
3. Keep a water bottle with you throughout the day.
4. Eat foods that contain a lot of water. Fruit and vegetables, such as strawberries and cucumbers, have a high water content. Eating soup is another way of keeping our bodies topped up with water.

The Sweet Detectives

How to Spot Sneaky Sugar

Look at the traffic light system on your packaging:

(Red) - Stop, go small and try to limit your intake of this.

(Yellow) - Go slow, its okay to eat this most of the time.

(Green) - Go all the way! Eat more of these.

Check the ingredients list – sugar hides under tricky names like:

- Glucose
- Fructose
- Corn syrup
- Molasses

If sugar is near the top of the ingredients list, there is a lot of it in the food. Keep these for a treat and have in smaller amounts!

Why Too Much Sugar is a Problem

When you eat too much sugar:

- Your teeth can get cavities (holes!).
- You can feel tired and grumpy.
- Too much sugar can make it harder to focus e.g. at school.

Try to eat these sugary foods less often!

Snack Alternatives

- Instead of chocolate, try peanut butter with apples / dark chocolate.
- Instead of fizzy drinks and juices, have water or milk.
- Instead of sugary sweets try fresh fruit, greek yogurt with honey, baked pears or apples.

Sugar Intake (Max amount per day)

- 4-6 year olds: 19g = 5 sugar cubes
- 7-10 year olds: 24g = 6 sugar cubes
- 11+ year olds: 30g = 7 sugar cubes

Kids are having over 2 times more sugar than is recommended, with half of it coming from snacks and sugary drinks.

NHS Food Scanner App

Download this app to find out the nutritional content of your favourite foods.

Fruit and Veggie Avengers

Try to hit your target of eating 5 fruits or vegetables a day!

Fruit and veggies are power-ups for your heart! They help your body stay strong and super fast—perfect for running and jumping. Snack on strawberries, tomatoes, and peppers to fuel your inner superhero!

Fruit and veggies give you eagle-eye vision and healthy skin! Carrots, sweet potatoes, oranges, and cantaloupe are like secret gadgets for your body—helping you spot danger from far away.

Fruit and veggies are your energy boosters and strength builders! Bananas, lemons, yellow peppers and corn give you the power to grow strong and stay charged up.

Fruit and veggies help your bodies fight off sickness and keep you healthy e.g. spinach, kale, broccoli, green beans, kiwi.

Fruit and veggies are brain boosters and body protectors! They help you remember important stuff, stay sharp, and keep your body strong. Snack on blueberries, blackcurrants, elderberries, grapes, plums, and raisins to power up your mind.

Fruit and veggies are brain-boosting, mood-lifting armour for your cells! They protect your body from damage and help you think fast and feel good. Eat plums, cabbage, kohlrabi, onions, aubergine, and passion fruit and get ready to outsmart any villain!

Try to eat a variety of colours of fruit and vegetables!