

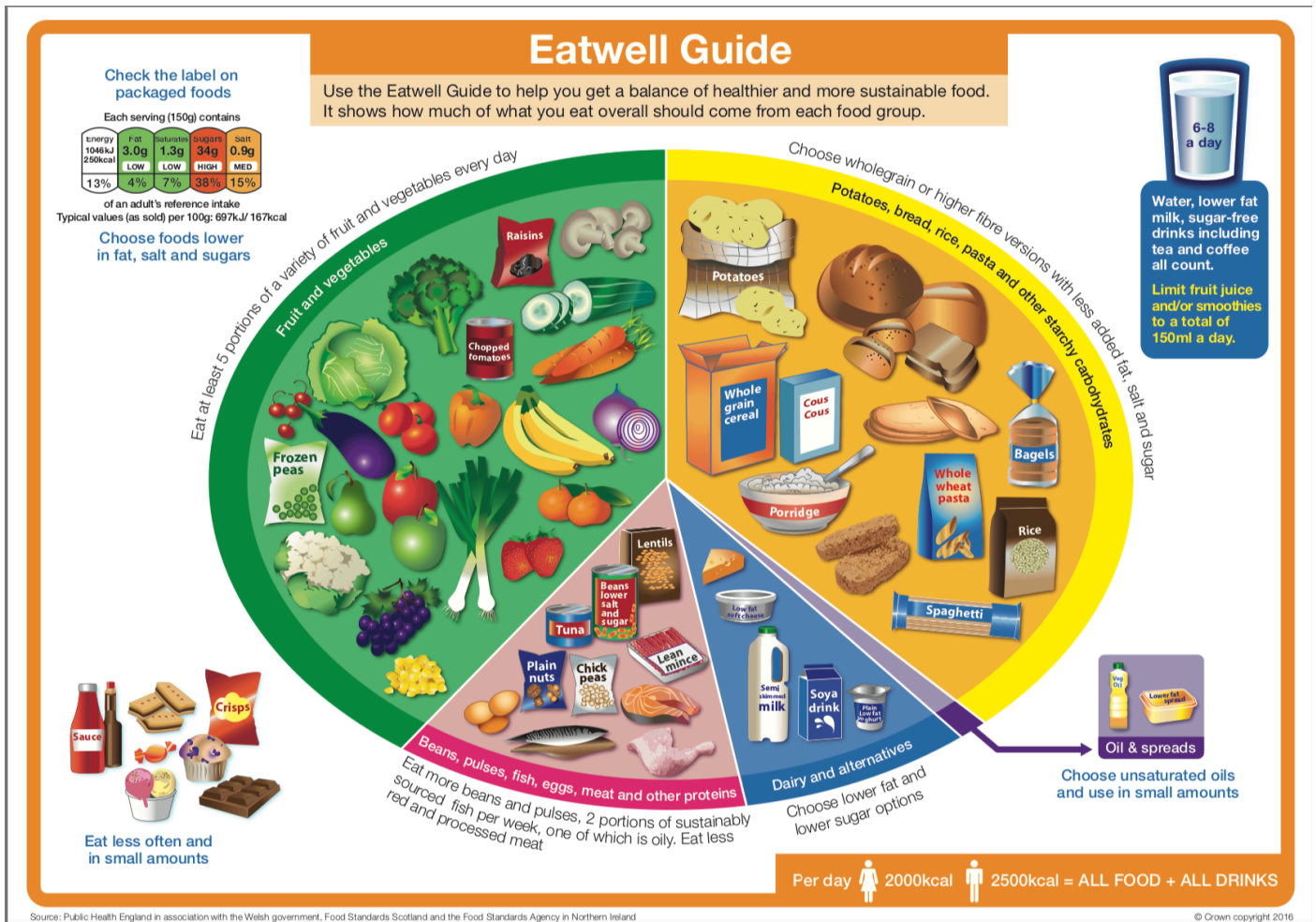
# Health and Wellbeing: Eat

At Swansea City AFC, it's really important that we help our players perform to their full potential every time they step onto the pitch. One of the ways we can do that is to help them have positive health and wellbeing.

But positive health and wellbeing is not just for footballers, it's really important for you too, especially during this current Corona Virus crisis.

One of the most important factors in staying mentally and physically healthy is getting a good balanced diet. Not only is healthy food delicious, but it gives you the energy you need to enjoy life and keeps you feeling good throughout the day.

To help you work out a balanced diet, the NHS have created the Eatwell plate. It and gives you suggestions of nutritious food in each group.



How does what you eat every day compare to this? Are there any healthy swaps you could make that will improve your diet and help you feel healthier and happier?

## Eat Challenge

Have a chat to you parents or guardians and see if you can design a balanced menu for a day, and then get busy in the kitchen creating it! Come up with breakfast, lunch and dinner, and maybe add a sneaky healthy snack as well!

We'd love to see snapshots of the fantastic menus you design and delicious food you cook! Get in touch on Twitter by tagging @swanscommunity and #PLInspires.

If you need a little inspiration, we've got two recipes from our First Team Chef Chris Watkins you can try out on the next page!



### Swans Community's Top 3 healthy diet tips

1. Include a good mix of fruit and vegetables in what you eat every day
2. Drink 6-8 glasses of water every day
3. Keep added sugar to a minimum

**What is meant by the term health?** Health is a person's physical and mental condition. Being healthy is being free from illness or injury.

**What is Wellbeing?** Wellbeing is the state of being comfortable, mentally healthy and happy.

Health and well-being together, can be described as an individual being both physically and mentally well and being able to maintain it.

## JUNIOR JACKS

# CONNOR'S CAJUN CHICKEN

CONNOR'S CAJUN CHICKEN PACKS A GREAT KICK THAT'S SURE TO WIN OVER ANY AUDIENCE

## INGREDIENTS

Serves 4

4 chicken breasts

1tbsp melted butter

1tsp paprika

1/4 tsp salt (plus 1/4 cup for brining)

1/4 tsp cayenne powder (optional)

1/4 tsp basil

1/2 tsp oregano

1/4 tsp thyme

1/2 tsp black pepper

1/4 tsp onion powder

1/2 tsp garlic powder

## INSTRUCTIONS



1. Brine chicken breasts in large bowl filled with warm water and 1/4 cup salt. Let sit for 15 minutes to 6 hours.
2. Remove from brine, rinse with cold water and pat dry.
3. Preheat oven to 450F / 230C / Gas 8
4. Place chicken breasts in a baking dish and brush with melted butter on both sides.
5. In a separate bowl, combine the spices together then sprinkle onto both sides of the chicken breasts.
6. Bake for 15-18 minutes until cooked through and the meat is no longer pink inside.
7. Once cooked, remove pan from oven and loosely cover with foil.
8. Rest for 5-10 minutes then serve.



## JUNIOR JACKS

# NATHAN'S NACHOS

NATHAN'S NACHOS ARE HIS FAMILY'S FAVORITE TREAT!  
THIS DISH IS SURE TO SCORE ON FAMILY NIGHT!

## INGREDIENTS

### FOR THE GUACAMOLE

2 ripe avocados, skin & stones removed  
1 lime, juiced  
1 chilli chopped, seeds removed (optional)  
1/2 garlic clove, peeled and grated  
dash of ground cumin (optional)  
1 large tomato, chopped  
2 spring onions, chopped  
salt & pepper

### FOR THE SALSA

3-4 tomatoes, chopped  
1 red chilli chopped, seeds removed (optional)  
splash Tabasco (optional, to taste)  
1 garlic clove, peeled  
1 lime, juiced  
1/2 tbsp olive oil

### FOR THE NACHOS

2x 200g plain tortilla chips  
200g jar chopped jalepenos, drained  
200g cheddar cheese, grated

### TO SERVE

150ml pot sour cream



## INSTRUCTIONS



Preheat oven to 220C/430F/Gas 7

To make the guacamole, use a fork to mix all ingredients until combined

Chill the mixture in the fridge for at least 20 minutes

For the salsa, mix all the ingredients until fully combined, set aside

Place the tortilla chips into an ovenproof dish

Sprinkle the grated cheese and jalepenos onto the tortillas

Cook in the oven for 5 minutes, or until the cheese has melted

Scoop the guacamole, salsa and sour cream onto the nachos and serve