

FOOD FESTIVAL

By Aspens

Food Activity Booklet

Keeping young minds
fit and healthy

Name

School

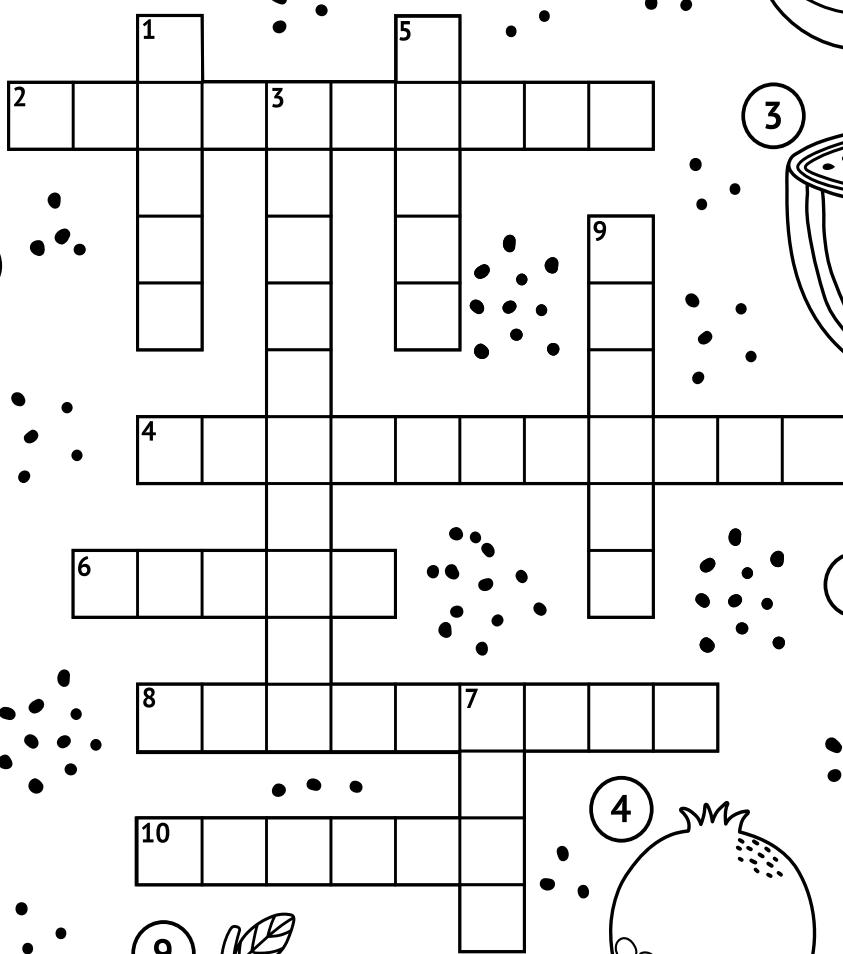
We hope
you
enjoy it!

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Activity One Word Search

Fruits



1. Grape 2. Strawberry 3. Watermelon
4. Pomegranate 5. Lemon 6. Apple 7. Pear
8. Pineapple 9. Orange 10. Banana

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Activity Two
Colour By Numbers



1



2



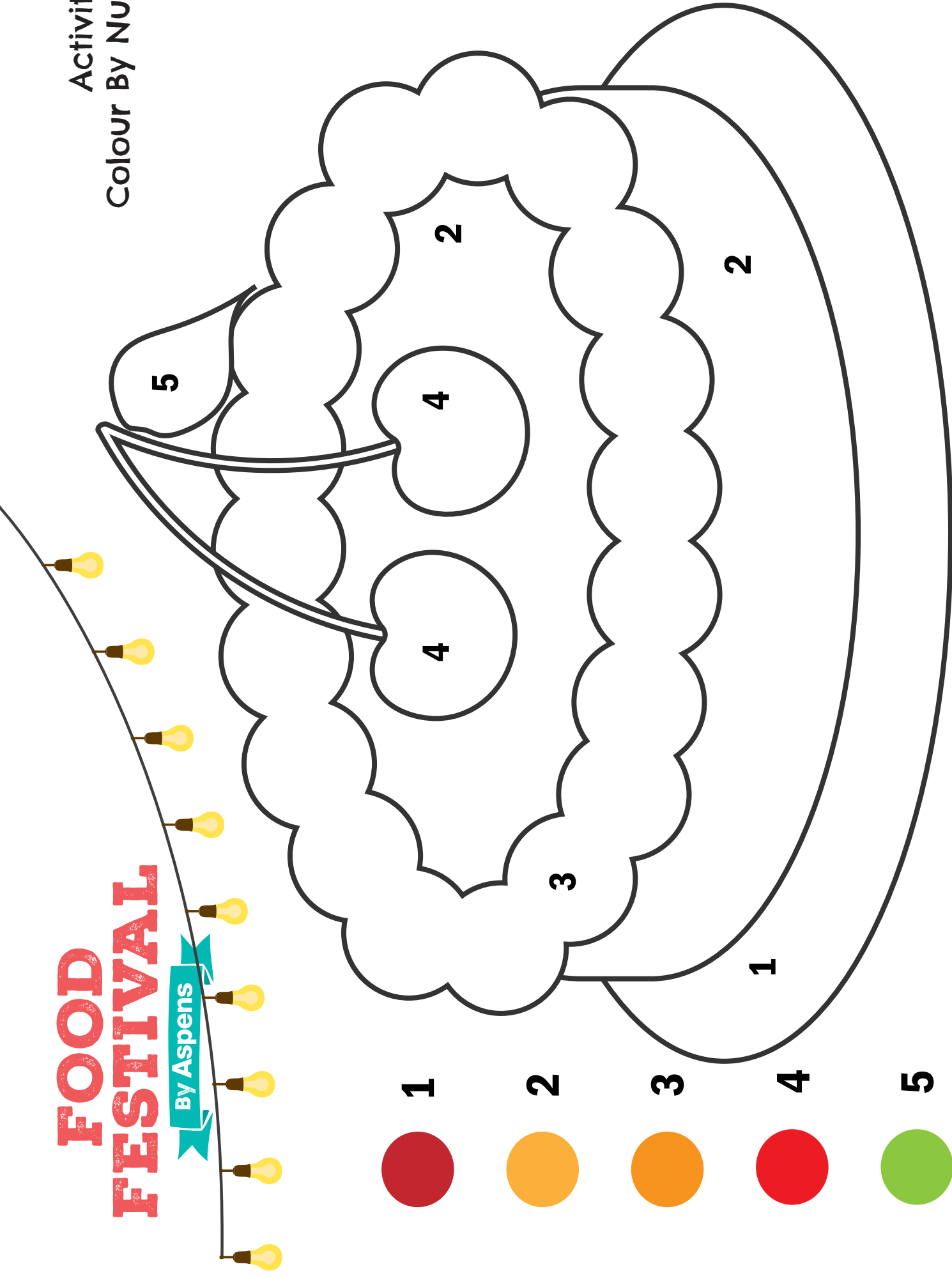
3



4



5

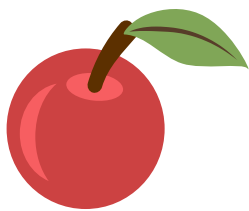
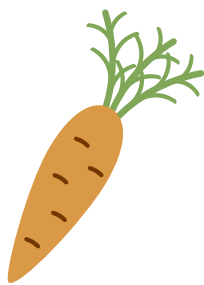


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Activity Three
Counting

How Many?

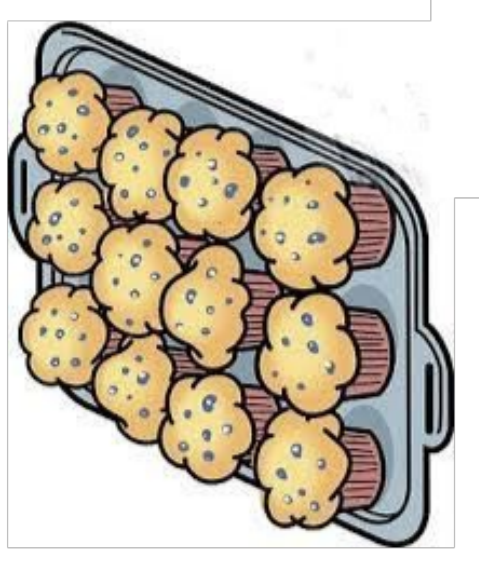


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Activity Four Baking

Easy Peasy Muffins

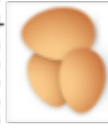


Basic Ingredients

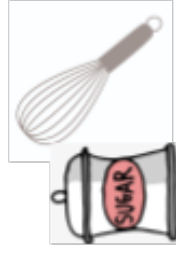
2 Eggs, 125 ml oil, 250ml Milk, 250g Sugar, 400g Self Raising Flour

Method

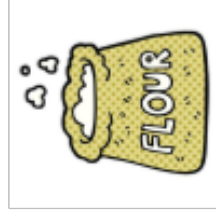
Remember to wash your hands well before following the basic method below. Add additional toppings to create your own customised muffins. For chocolate muffins, replace 30g flour with cocoa powder



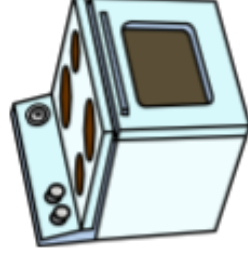
Heat oven to 200°C.
Line muffin trays with paper muffin cases. In a large bowl beat eggs lightly and add vegetable oil and semi-skimmed milk.



Beat until just combined then add sugar and whisk until you have a smooth batter.



Sift in self-raising flour then mix until just smooth. Be careful not to overmix the batter. You can add 100g of toppings and fillings here



Fill muffin cases two-thirds full and bake for 20-25 mins, until risen, firm to the touch and a skewer inserted in the middle comes out clean.



Leave the muffins in the tin to cool for a few mins and transfer to a wire rack to cool completely.

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Activity Five Eat Well Guide

Which 2 foods belong to the fruit and vegetables group?



Which 2 foods belong to the beans, pulses, fish, eggs and meat group?



Which 2 foods belong to the potatoes, bread, rice and pasta group?



Which 2 foods belong to the dairy group?



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains			
Energy	Fat	Sugars	Salt
1048kJ 250kcal	3.0g LOW	1.3g LOW	0.9g MED
13%	4%	7%	15%

Typical values (as sold) per 100g: 697kJ/167kcal of an adult's reference intake

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

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Activity Six
Cooking

Easy Peasy Pizza



Basic Ingredients

300g Bread Mix, 200ml Warm Water, 100g Cheese, 25 ml Tomato Sauce, Dried Herbs

Method

Remember to wash your hands well before following the basic method below. Add additional toppings to create your own customised pizza



Mix 300g bread mix with 200ml warm water - when the dough starts to form take out of the bowl and knead on a floured board using clean hands



When the dough is smooth & elastic, place on a baking sheet and stretch or roll out until you get a thin round base



Using a spoon, spread the tomato sauce thinly over the base leaving a small gap around the edges



Carefully grate the cheese and sprinkle over the top. Add herbs and any other toppings you would like

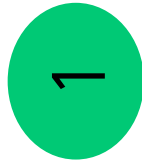


Bake in a hot oven around 200°C for 10 - 12 minutes until the cheese is golden and bubbling

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Activity Seven
Colour By Numbers



1



2



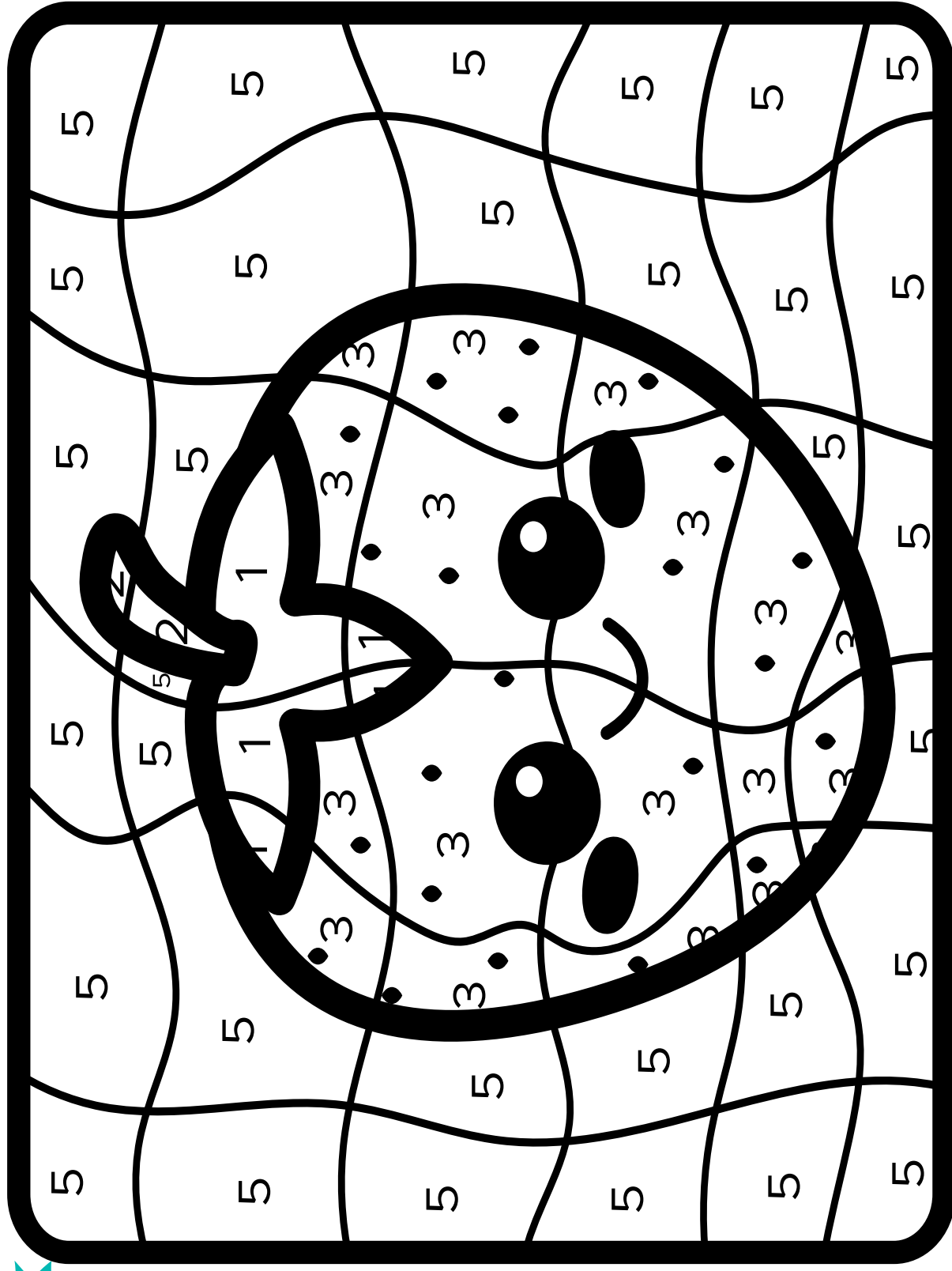
3



4



5



FOOD AND EXERCISE DIARY

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
SNACK NUMBER ONE							
LUNCH							
SNACK NUMBER TWO							
DINNER							
EXERCISE							

Keep a diary of what you eat throughout the week. Use the Eat Well Guide in this booklet if you need help. You could also log onto the really useful websites we've listed below.

Here's a couple of tips from us:

- Breakfast ideas - wholegrain cereals or toast, eggs, fruit and yoghurt or porridge.
- Snacks - yoghurts, popcorn, vegetable sticks, fruit and dried fruit such as raisins or rice cakes.
- Eat at least 5 portions of a variety of fruit and vegetables a day. Choose from fresh, frozen, tinned, dried or juiced. These can be across all meals and snacks. As a rough guide, 1 portion is the amount you can fit in the palm of their hand.
- Drink plenty of water.
- Choose higher fibre or wholegrain varieties of carbohydrates, such as wholewheat pasta, brown rice or potatoes with their skins on.
- Milk, cheese, yoghurt and fromage frais are an important source of calcium, which helps to keep our bones strong.
- Beans, pulses, fish, eggs, meat are good sources of protein. Choose lean cuts of meat and skinless poultry whenever possible to cut down on fat. Try to eat less red and processed meat like bacon, ham and sausages.
- Aim to eat at least 2 portions of fish a week, including 1 portion of oily fish. Oily fish is particularly rich in omega-3 fatty acids - salmon, sardines, tuna steaks (not tinned) and mackerel. You can also buy fish fingers and cereals with added omega-3.
- Exercise every day. Kids should aim for 60 minutes of activity each day. This could be a walk, bike ride or activities at home in the garden or in room in the house. Just keep moving!

www.nhs.uk/Livewell/Goodfood/Pages/Goodfoodhome
www.nhs.uk/change4life
www.foodafactoflife.org.uk/



Easy Peasy Cookies

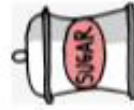


Basic Ingredients

250g Margarine, 250g Sugar, 500g Self Raising Flour, 75g Golden Syrup

Method

Remember to wash your hands well before following the basic method below. Add additional toppings to create your own customised cookies. For chocolate cookies, replace 30g flour with cocoa powder



Heat oven to 170°C.
Line trays with non stick baking paper. Cut the softened margarine into cubes and add to the sugar in a large bowl

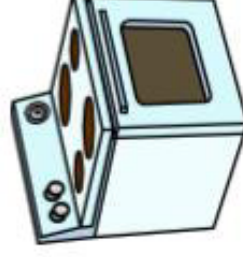
Beat until smooth and fluffy. Add the syrup and sift in self-raising flour then mix until just smooth. You can add chocolate chips or dried fruit here



Roll the cookie dough into 4cm wide sausage shapes and cut into 1cm slices and place onto lined baking trays.



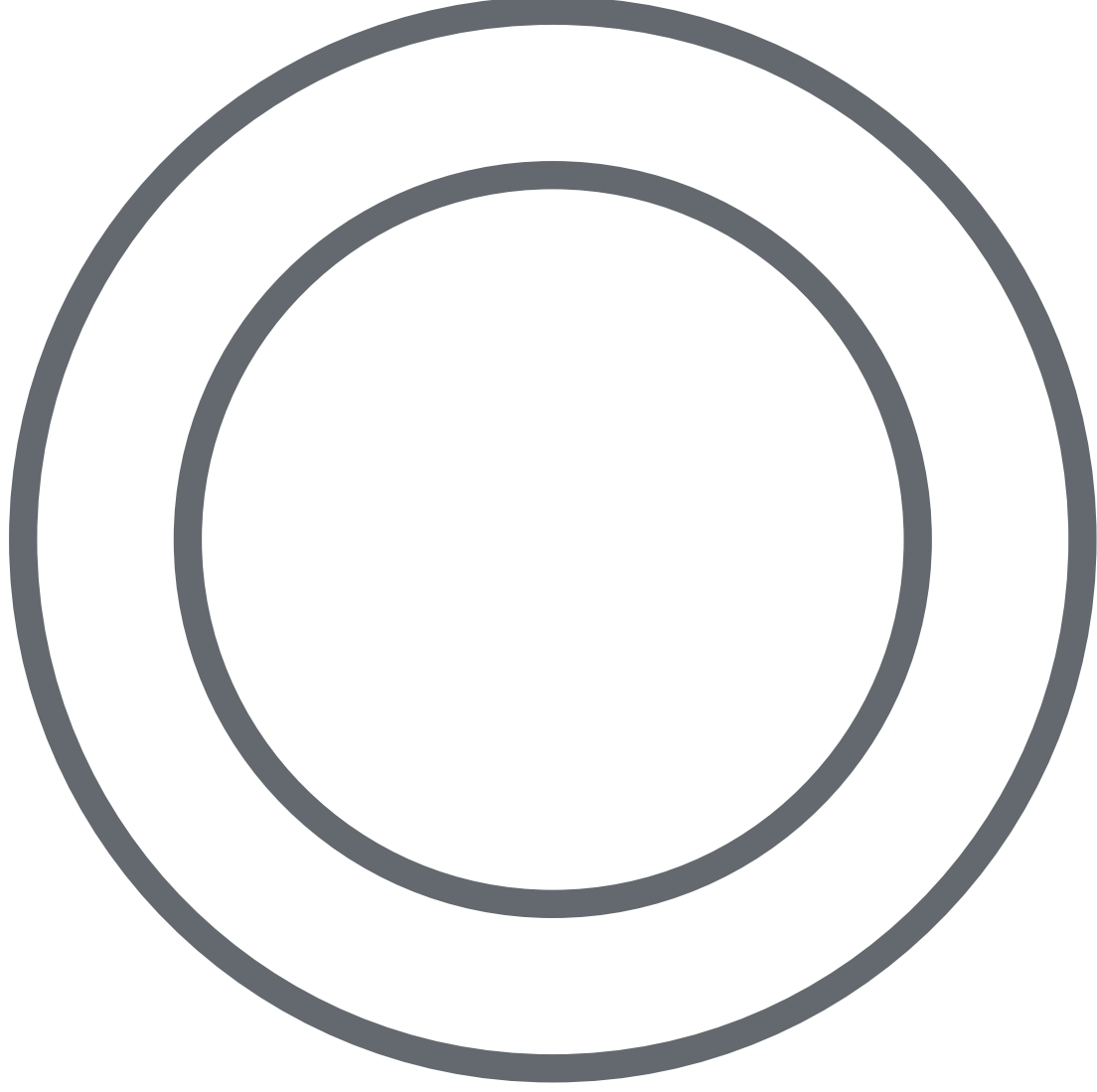
Push down slightly on top of each cookie to flatten, leaving enough gap for the cookies to spread



Bake in the oven for 12-15 minutes until soft in the middle. Allow to cool slightly and then place on a pastry rack/wire.

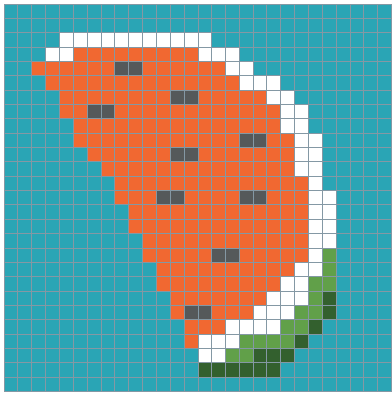
My favourite school meal is ...

Activity 10
Draw your
Favourite Food



Activity Eleven

Colour By Numbers

[illegible]

Blue

Dark Green

Green

Red

Black

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We hope you had fun completing our booklet and we can't wait to start cooking for you when you return to school!

In the meantime, if you need any ideas for meals throughout the day, why not look at our school menu on your school webpage.



STAY SAFE
Together we
can do this!

