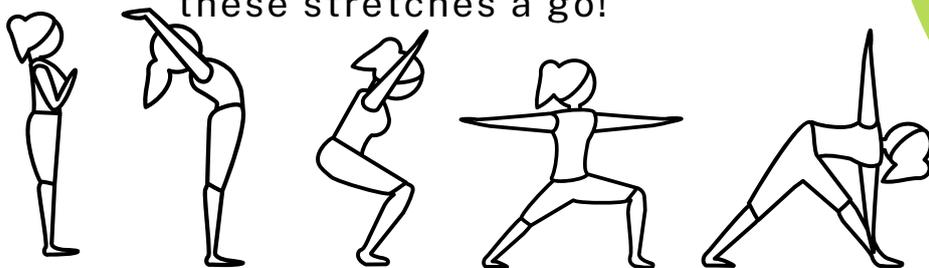


STRETCH IT OUT SUNDAY

It's really important that we all make time to exercise everyday! Stretching and yoga is a great way to keep moving! Get the whole family to give these stretches a go!



Now repeat these stretches on the other side!
(For example: if you put your left leg forward first time round, put your right leg forward the second time!)

SQUIGGLE SATURDAY

Lets add some colour to these activity sheets!
All over this booklet you will find black and white images that need their colours adding back in! So pull out your pencil case or paintbrushes and lets brighten up these pages!



MAGIC MONDAY

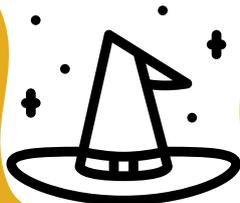
Do you think you'd make a good witch or wizard? Well today we are going to use some magic to make some raisins dance!

To do this, you'll need a glass of clear fizzy drink (lemonade works well!) and 10 raisins.

Add the raisins to the glass of lemonade one at a time and watch them sink to the bottom of the glass... be patient and wait a moment then you'll see the raisins starting to dance!

This happens because the bubbles in the fizzy drink stick to the outside of the raisins which causes them to dance!

When the raisins reach the top of the liquid the bubbles pop which makes the raisins sink to the bottom again!

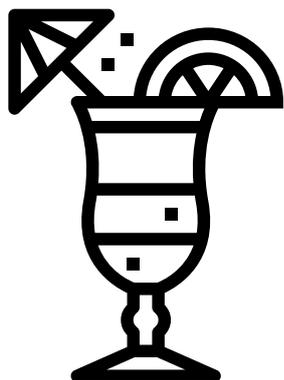


TASTY TUESDAY

Get your apron on, because today we are doing some cooking and making our own flatbreads!

In a bowl, add 50ml tap water, 150ml natural yoghurt and 250g plain flour.

Mix everything together to form a smooth ball of dough. Split the ball of dough into 8 equal sized smaller balls, then sprinkle a small handful of flour onto the worktop. One at a time, place a dough ball onto the flour and use a rolling pin to flatten it out until it is the size of side plate. Repeat for each of the dough balls. Ask an adult to heat up a frying pan and with their help, cook the disks for 2-3 minutes on each side, until they're lightly golden in colour. Leave them cool down a bit... now it's time to eat them! You could serve them dipped in houmous, or you could turn them into tasty wraps filled with chicken, salad, beans or cheese!



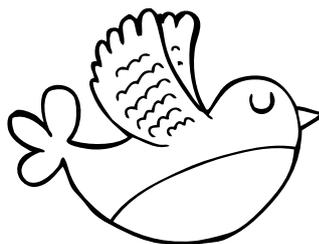
WILDLIFE WEDNESDAY

Getting outdoors for some fresh air helps us to feel happier, more energetic and healthier! Lets go outside today for a walk or bike ride! And while you're out why not see how many different types of wildlife you can find!

THIRSTY THURSDAY

Mocktails are a fun and creative way to stay refreshed and cool while you are enjoying the sunshine this summer. Not only are they tasty to drink but they can also be a great way to get some of your 5 a day fruits and vegetables. Why not try our favourite mocktail recipe, or try making a creation of your own!

Pina Colada Mocktail: In a blender, blend 1 banana, 110g pineapple pieces, 120ml pineapple juice, 3 ice cubes and 60ml light coconut milk. Once blended and smooth, pour the mixture into a tall glass, add a cocktail umbrella or pineapple slice to decorate and enjoy!



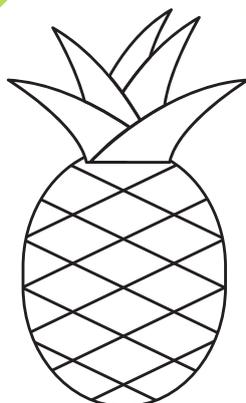
FUNKY FRUIT FRIDAY

Fruit contains lots of vitamins and nutrients that help to keep us healthy!

Today we're all going to be brave and try a fruit that we've never had before!

What did you try?

Did you enjoy it?



SHELTER SATURDAY

Get your builders hard hat on! We're building a den!



If it's sunny, why not get outside and have a go at building your shelter around a tree, using fallen branches and leaves! Not so keen on going outside today? That's okay, try building your den inside using chairs, blankets and cushions to make a cosy space for you to hang out!

MOVE IT MONDAY

Design an assault course in your garden, at the park or somewhere safe to play outside! Then get your friends and family to complete it! Here are some of our ideas... army crawling under the garden chairs, jumping over plant pots, throwing a ball into a bucket! Get as creative as you can!

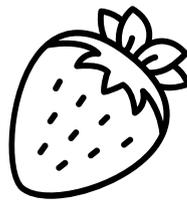
(But make sure you don't do anything dangerous! We don't want you to hurt yourself!)

SNACK ATTACK SUNDAY

When you get peckish what foods do you like to eat? Now imagine combining all of them into one ultimate snack! What would that snack look like?

Have a go at designing your own ultimate snack!

Don't forget to give your creation a name! And if you have all of the ingredients at home, why not try actually making it too!



WACKY WEDNESDAY

Here's a crazy idea! Have you ever made animals out of food before? Have a look in your fruit bowl or in the fridge and cupboards to see what ingredient you have!

Then try making your favourite animal out of what you've found! You could turn a sliced cucumber into a snake with raisin eyes, use strawberries for mice with little almond ears or use watermelon slices for beautiful butterfly wings! Don't forget to take a photo when it's finished, and it'll make a tasty snack too!



TURBO TUESDAY

On your marks... get set...go!! Today is all about moving as fast as you can! So line up your friends and family and see who is the champion in a running race!

THOUGHTFUL THURSDAY

It's important to be kind to others and help people when they need it. Today let's do something kind for someone you care about! You could draw them a picture, make them breakfast in bed or perhaps help them with any jobs they need to do today!



FOODIE FRIDAY

Last week we tried a new fruit that we hadn't eaten before...well done team! This week we are going to try a vegetable that we've never had before!

What did you try?

Did you like this vegetable?



SCRIBBLE SATURDAY

Today we're turning into entrepreneurs! Get those thinking caps on and let your imagination take over, because we are designing our own restaurant!

What would your restaurant be called?

Design your brand logo!

What sort of food would you serve?

Design your menu!

Where would your restaurant be?

Draw a picture of what your restaurant would look like!



SLEEPY SUNDAY

We don't know about you, but every so often we love having a lazy day to relax!

Reading is a great way to relax and take you on an adventure all from the comfort of your home! So today's challenge is to do some reading! You could read on your own, read to someone in your house, or even enjoy a story read to you!



TRY IT TUESDAY

Doing something new is exciting and helps us to make memories. Your challenge today is do something you've never tried before... it could be to eat a new food, visit a new place, have a go at a new sport... it's completely up to you! The only rule: Enjoy yourself!



THANKFUL THURSDAY

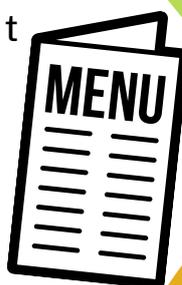
It is important to say thank you when someone does something kind for you. Not only does it make that person feel happy but will help you to be happy too! Think about someone who did something kind for you this week and write a note, or draw a picture for them, to say thank you!



MUNCH MONDAY

Today we're all about crunchy and delicious toast!

Bread (especially the brown stuff!) is a good food to eat as it helps to give us energy, and also fibre, to keep our tummies healthy! What tasty toast toppings can you come up with? Perhaps peanut butter and banana! Or avocado and tomatoes?



WORKOUT WEDNESDAY

Get your exercise clothes on and get everyone in your house up and moving with these 3 quick exercises:

10 star jumps

10 lunges on each leg

Fast running on the spot for 10 seconds

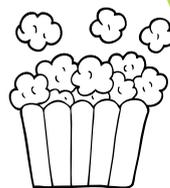
Well done! Now do it again two more times!

FUNKY FRUITY FRIDAY

We're getting funky with some fruit kebabs! Ask an adult to chop up some fruit into chunks for you. You will need some wooden skewers (careful not to hurt yourself on the pointy end!) Once the fruit is ready, you can start threading the chunks onto your skewer! Do you have enough colours to make a rainbow? Once you're happy with your creation you can serve it as a snack for your family with a small bowl of yoghurt to dip it in!

SHAKE IT SATURDAY

Get everyone in your house to pick their favourite song, and create a playlist. Time for a dance party!! Get your party clothes on and show off your best dance moves! Not only will you have lots of fun doing it, dancing is brilliant exercise for the whole family to enjoy together!



MOVIE MONDAY
Time to cosy up in front of the tv to watch your favourite film! Get comfy under a snugly blanket and don't forget the popcorn!

SMOOTHIE SUNDAY

Time to get creative in the kitchen again! Not only are smoothies super tasty, but they are also great for helping to keep us healthy! Its completely up to you what you want to put into your smoothie but we think this combination makes the best smoothie:

- 2 types of fruit
- 1 type of vegetable
- Milk (or dairy free milk)
- Nut butter



TACO TUESDAY

A taco is a type of Mexican food that starts with a folded or rolled small tortilla wrap, that can be filled with all sorts! Some examples include: Spicy mince, smokey chicken, or tasty beans! If you aren't sure what a taco is, thats okay! Why not do a quick internet search to find out more about them!

We think they're delicious and with so many fillings to choose from, there will be a favourite for everyone! Have a look online or in some cookbooks you have at home to find a recipe you could make for your dinner this evening!



THEATRE THURSDAY

Have you ever performed on stage? Perhaps in a school play or a dance show? Today we are putting your acting skills to the test! Split your family into two teams and take it in turn to act out different animals. See which team can get the most correct answers in one minute!



WATER WEDNESDAY
We're getting back outdoors today! And on this adventure we are going somewhere with water! We're very lucky to live near the seaside, are you close enough to visit a beach today too? Don't worry if not, you could visit a local river, lake or even pond! Take a moment to listen to the sounds, can you hear crashing waves, a trickling stream or even quacking ducks?

FEEL GOOD FRIDAY

It's important that we look after our bodies, but also our minds too! We feel much better when we're happy, so today we are going to write down three things that made us happy this week!

Fit and Foodie Family Activity Planner

August 2020

Week 5

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

SHOPPING SATURDAY

Have you ever noticed that on the front of most food packets there are little traffic light coloured logos like this one?

Where you see mostly green boxes, it means that food helps us to stay healthy. But where there are amber and red boxes, it means that food isn't as good for us and could be eaten every so often, but not every day!

Get your magnifying glass ready! If you're going to the supermarket today, have a look on some packaging to see if you can find something that only has green boxes! If you're not going to the shop, that's okay! Have a look in your kitchen cupboards to see what traffic light colours your favourite foods have on them!



SURVIVAL SUNDAY

Help!! Oh dear, we're stranded on a desert island! We've been told that we're only allowed to have 4 things each what would yours be?

- Choose one Food
- Choose one Drink
- Choose one Friend

And for your 4th thing you can choose one option from these choices...
(You can only choose one!)

1. A bed to sleep in
2. A shelter to stay dry
3. A fire to keep warm



MAKE IT MONDAY

Today is the last day of August, which means you've made it to the end of the activity planner! Well done team!

We really hope you enjoyed exercising, eating and creating with us!

For the last task of the month we want you to create a scrap book, photo album or poster that shows all the fun things you have done this summer!