



Great Grub

Get the kids to help chop, stir and pack lunch Boxes.

Coming up with meals each week can be a challenge, our example menu may help you with that, plus 2 recipes to try out. We hope you enjoy them.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cereal - Semi-skimmed milk Fresh banana slices	Weetabix Semi skimmed milk Fruit pieces	Cereal Semi-skimmed milk Raisons	Weetabix with low fat fruit yoghurt	Toast with Jam whole banana	Scrambled eggs on a slice of toast	Soft boiled egg toast in slices like soldiers
Snack	Handful of fresh strawberries	Cheese crackers and low fat cheese spread	Carrot and cucumber sticks	Granola bar	Baby tomatoes / cucumber sticks	Malt loaf and grapes	Apple and orange slices
Lunch / box	Pitta bread pizza with 2 toppings (1 veg topping)	Hummus with pitta bread and vegetable dipping sticks	Egg mayo and cucumber wholemeal wrap, Baby tomatoes	Wholemeal bap with chicken mayo and salad raisins	Tuna Mayo & sweetcorn sandwich cucumber sticks	Veg Soup – Crusty roll	Shepherds pie (inc carrots) Broccoli
Dinner	Tuna Pasta bake salad	Home made burger / bun and oven cooked chips salad	Spaghetti Bolognaise salad	Chicken curry and rice	Salmon / green beans / new potatoes	Jacket potato with cheese and baked beans	Carrot and sultana pancakes
Drinks	Try to limit fizzy drinks, but use semi-skimmed milk, water, no added sugar squash or fresh squeezed fruit juice						

For more food ideas and healthy eating tips visit [Healthy Recipes](#) | [Change4Life \(www.nhs.uk\)](#)

For a list of foodbanks please visit [Find a Food Bank - The Trussell Trust](#)



Start the day with 10 minutes of activity before breakfast



Don't become an ice statue like Anna.

When the music is playing keep moving and dancing.

When it stops stand still – if you don't you need to do 10 star jumps to help melt the ice...

Mind your head and your child's.

It is important to look after how we feel. Our wellbeing is just as important as looking after our body. For help and advice please click [here](#)

2 recipes to try out with your kids

Veggie Soup

Use any veggies you have left over, those that are nearly past their best, frozen ones, tinned ones, it really doesn't matter. It's a great way to use up anything that might have been wasted.

For example: 1 medium onion / 2 celery sticks / 2 carrots / 1 courgette / 2 garlic cloves / 50 – 100 g mushrooms / 2 garlic cloves / 1 tbl spn tomato puree / 1 large tin of tomatoes / Vegetable stock cube / Parsley and basil (fresh / dried) / 700ml water

Cook all veg in a little oil gently until soft (5/6 mins) add tomato puree, herbs and tinned tomatoes, simmer for 10 mins. It will thicken a little. Serve as is or put through a liquidiser if you prefer a smooth soup. Add a little salt and pepper before serving with a crusty roll or French bread.

Fruit Crisps

Apples, pears, oranges and pineapples make great alternatives to salty crisps. You will also need some water and lemon juice.

Very finely slice the fruit with a sharp knife. Fill a shallow dish with water and lemon juice, soak the slices of fruit (not the pineapple) for 5 mins.

Drain the pat dry with kitchen towel. Place on a lined baking tray and cook at 120 'c for 1.5 hours or until dry and started to curl up. Cool and store in an airtight container. Reheat at same temp if a bit soft from storage.



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Snack	Strawberries and grapes	Cheese crackers and low fat cheese spread	Pepper and cucumber sticks	Granola bar	Baby tomatoes / cucumber sticks	Malt loaf and grapes	Apple and orange slices
Lunch / box	Pitta bread filled with peppers, cheese and ham	Hummus with crackers and vegetable dipping sticks	Egg mayo and cucumber wholemeal wrap, Baby tomatoes	Wholemeal bap with chicken mayo and salad raisins	Tuna Mayo & sweetcorn sandwich cucumber sticks	Home made Pizza	Beef casserole and rice
Dinner	Chicken fajitas	Sausage, mash and sweetcorn	Lasagne	Fish Fingers, broccoli and chunky chips	Salmon / green beans / new potatoes	Veggie and Chicken stir fry	Tomato soup and crusty bread
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10 minutes of helpful activity



Woody's round-up.

Who can be the quickest to round up all the toys to help them find their homes for bed time. Use the same game for getting dressed.

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2 recipes to try out with your kids

Home made pizza

Have fun with the kids making a pizza together. Use any veggies or left overs you have. It's a great way to use up anything that might have been wasted.

Pizza base: 650 grams Flour (or strong white flour, plus extra for dusting) / 7 grams dried Easy-Blend Yeast / 2 teaspoons Salt / 25 ml Olive Oil / 50 ml Warm Milk / 325 ml warm water – put all the ingredients into a bowl and mix (with a mixer if possible) once it is all in a ball, cover it and leave for an hour. Once risen it's ready to roll, press or stretch into whatever shape you like. Make a tomato sauce from tinned tomato's blitzed up with some garlic or use a passata sauce. Spread over the dough and add veggies, ham, chicken, pepperoni, or whatever you fancy and lots of cheese. Place on a flat pizza tray or similar and cook at 180°C for 10-14 mins, Enjoy !

Veggie spicy rice

400g carrots, halved or quartered / 2 sml sweet potatoes, sliced into rounds / 2 red onions, cut into wedges / 1 tbsp cumin seeds / 1 tbsp ground coriander / 2 tsp mixed spice / 3 tbsp olive oil / 75g cashew nuts / 1 vegetable stock cube and 350ml water / 150g easy-cook long grain / 2 garlic cloves, crushed / 1 broccoli, grated / handful coriander / 100g 0% fat Greek-style yogurt.

Roast the carrots, sweet potatoes and onions on a large baking tray. Mix the dried spices and sprinkle half over the veg. Drizzle with half the oil, season and toss together. Put in the oven for 20 mins at 180°C, add the cashew nuts and cook for a further 10 mins.

Heat the remaining oil in a saucepan on a medium heat. Add the rice, garlic and remaining spice mix, cook for 2-3 mins. Add the stock and boil. Cover with a lid, cook for 10 mins on a low heat or until almost tender. Stir in the grated broccoli, and cook for another 2-3 mins or until the broccoli is just tender.

Mix the roast vegetables and rice in a large bowl. Serve with the yoghurt.



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Snack	Breadsticks and soft cheese dip	Banana and kiwi fruit bits.	Pepper and cucumber sticks	Malt loaf and grapes	Baby tomatoes / cucumber sticks	Malt loaf and grapes	Apple and orange slices
Lunch / box	Home made pizza slices Cucumber sticks	Hummus with crackers and vegetable dipping sticks	Tuna Mayo & sweetcorn sandwich cucumber sticks	Wholemeal bap with chicken mayo and salad raisins	Egg mayo and cucumber wholemeal wrap, Baby tomatoes	Home made Pizza	Beef casserole and rice
Dinner	Tuna pasta bake	Sausage hot pot / mashed potatoes, carrots	Spaghetti bolognese	Ham, fried egg and chips	Fish Fingers broccoli and chunky chips	Homemade chicken dippers, tomato dip chunky chips	Tomato soup and crusty bread

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The 10 minute jump challenge



Jesse's skipping challenge

How many skips can you do in 10 minutes?

Use a rope if you have one, try skipping backwards too or skip round the garden or house.

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2 recipes to try out with your kids

Spaghetti Bolognaise

2 tbsp olive oil / 400g beef mince / 1 onion / 2 garlic cloves / 100g carrot / 2 x 400g tin chopped tomatoes / 400ml beef stock / dried oregano / 400g dried spaghetti / cheese (parmesan or any you like grated) You can add mushrooms either in quarters or very small to add another vegetable.

Add oil to a pan and cook the chopped onion and garlic until soft. Add the mince and cook until all browned and broken down. Add the stock, tomatoes and oregano and simmer for about 45 minutes. Add salt and pepper. Cook the spaghetti according to the packet. Serve with grated cheese.

Home made chicken dippers and tomato dip

100g skinless chicken breast, cut into thin strips / 100g breadcrumbs, (2 slices crustless white bread) / 1 whole egg / 2 tbsp plain flour / 0.5 whole red pepper / 0.5 whole onion / 0.5 tbsp tomato puree / 1 tbsp olive oil / 1 tsp balsamic vinegar / 250g tomato / 200g canned tomato / 150ml water

Heat the oven to 190C/375F/Gas Mark 5. / Pop the slices of bread in a blender and blend until you have fine breadcrumbs. / Lightly beat the egg and place in a shallow bowl. / Dip each chicken dipper in the flour, then the egg and finally cover in the breadcrumbs. / Place on a lightly prepared baking tray. / Bake for around 20 minutes— but make sure the dippers are cooked right through. / Chop into small pieces that are manageable for your child. / Heat the oil in a large pan and add the onions. / Cook until soft (about 10 -15 minutes) on a medium heat. / Add peppers and puree. / Stir in chopped tomatoes and tinned tomatoes. / Add 150ml water and the Balsamic vinegar. / Cover and simmer for 20-25 minutes. / Allow to cool and then blend to required consistency.



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Lunch / box	Home made pizza slices Cucumber sticks	Hummus with crackers and vegetable dipping sticks	Tuna Mayo & sweetcorn sandwich cucumber sticks	Wholemeal bap with chicken mayo and salad raisins	Egg mayo and cucumber wholemeal wrap, Baby tomatoes	Home made Pizza	Homemade burgers, chips and salad
Dinner	Chicken dippers, tomato dip and chips and peas	Pizza and salad	Chicken curry and rice	Jacket potato beans and cheese	Home made Fishcakes, broccoli and carrots	Toad in the hole, sweetcorn and peas.	Tomato soup and crusty bread
Drinks	Try to limit fizzy drinks, but use semi-skimmed milk, water, no added sugar squash or fresh squeezed fruit juice						

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Test your skills



Captain America's shield skills

Find some empty bottles, loo roll middles etc and stand them up on the floor. Find some old paper (news paper) screw up into balls. Play with a friend by taking it in turns to try to throw the balls to knock the targets down.

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2 recipes to try out with your kids

Toad in the hole

140 g plain flour / ¼ tsp salt / 3 eggs / 300 ml skimmed milk or mixture of milk/ water / 2 tbsp rapeseed oil / 8 good quality pork sausages

Preheat the oven to 220°C (200°C fan)/400°F/gas mark 7. Place the flour in a mixing bowl with the salt and make a well in the centre. - Drop the eggs into the well and add about 100ml milk. Beat the eggs and milk together gradually incorporating the flour to make a smooth thick batter. - Gradually beat in the remaining milk - Heat the oil in a large shallow baking dish for 5 minutes. Make sure the sides of the dish are oiled too. Cook the sausages in the oven for 10 minutes. - Quickly, remove the dish from the oven and pour in the batter all in one go. Quickly return to the oven. Bake for 25-30 mins until the batter is puffed up, golden brown and crispy.

Home made fish cakes

300 g potatoes / 100 g salmon fillet , skin on, scaled, pin-boned, from sustainable sources / olive oil / fresh flat-leaf parsley / butter / lemon / 1 tablespoon plain flour , plus extra for dusting / salt and pepper

Peel and chop potatoes, cook in boiling water for 10 minutes - Rub salmon fillet all over with oil, place in a colander and cover with tin foil. - When time is up, place colander directly over the pan of boiling potatoes. Turn the heat down to medium-low and cook for 8 to 10 minutes, or until the salmon and potatoes are both cooked through. - Once cooked, remove the fish from the colander to a plate, remove the skin. - Drain and mash the potatoes add a dollop of butter. Flake the salmon into the bowl, add 1 tablespoon of flour, the chopped parsley and a really good pinch of sea salt and black pepper. Finely grate over the lemon zest, then mash and mix together really well.

Divide the mixture into 4, then lightly shape and pat into circles about 2cm thick, put in the fridge for an hour or so to cool and firm up. Heat oil in a frying pan and cook for 3 to 4 minutes on each side, or until crisp and golden – serve with lots of veggies.