



## DRAIN YOUR DRINKS!

### Let's think about water

Read the poem below with a member of your household.

#### Water

Water for the flowers

Water for the trees

Water for the birds

Water for the bees

Water for the rivers

And water for the sea

Water for the world

And water for me.



#### Discussion

Talk about the poem together, who is me?

Who else in your house needs water to drink to keep them healthy?

Do you have any pets or plants that need water to drink too?

Name all the people and things that live in your house that need water.

### Let's explore water for life

Imagine you are one of the things from the poem. Then use your body to move in a way that shows how water helps you to grow and stay healthy.

What would happen if you didn't have any water? Can others in your household guess what you are?

#### Make a Smoothie!

Smoothies are a lovely way of getting a tasty drink. Can you make the smoothie recipe below? You could experiment with different flavoured fruits.



## STRAWBERRY SMOOTHIE

Why not try adding some wholegrain cereal or oats to your smoothie for some extra fibre?

This smoothie has a thick texture, so just add more milk if you prefer more liquid.



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; cut using bridge/claw technique safely; use weighing scales; use a jug to measure liquids; tidy away.

**Equipment:** Knife, chopping board, spoon, weighing scales, measuring jug, blender.

### Ingredients (serves 4):

- 100g porridge oats
- 450 ml low fat yoghurt
- 240 ml semi skimmed milk
- 400g hulled and washed strawberries
- 1 banana

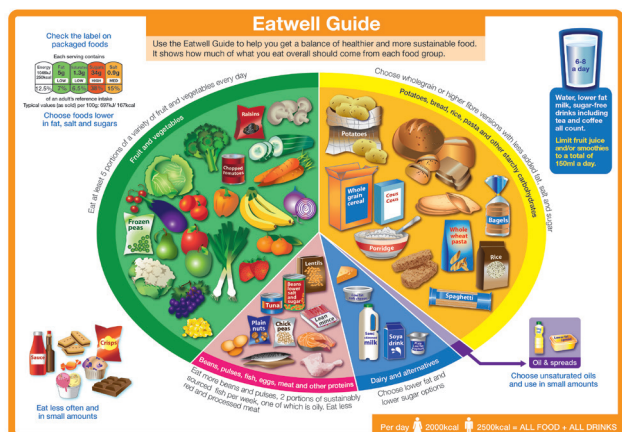
### Method

1. Place the porridge oats in a blender and process until they are finely ground - this step is essential so that your smoothie has a fine texture.
2. Peel the banana and chop into small pieces.
3. Wash and remove the green tops from the strawberries.
4. Put all ingredients into a jug and blend.
5. Pour into four glasses, serve with a straw and enjoy!



## STRAWBERRY SMOOTHIE

### Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about a strawberry smoothie ...

**Oats** provide starchy carbohydrate, which gives us slow-release energy, and they are also a good source of fibre.

**Strawberries** are an excellent source of vitamin C and some important minerals. They are low in calories, high in fibre and contain cancer-fighting compounds called bioflavonoids.

**Milk and yoghurt** are excellent sources of calcium, and good sources of Vitamin D for strong teeth and bones. They are also good sources of protein.



### Energy, sugar, fat and salt per serving

Per 333g serving

**ENERGY**  
1059KJ / 251kcal

1%

LOW

**FAT**  
4.4g

6%

LOW

**SATURATES**  
1.9g

10%

MED

**SUGARS**  
21.7g

24%

LOW

**SALT**  
0.3g

5%

% of an adult's reference intake

Typical values per 100g : Energy 318KJ / 75kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage

## GET PHUNKY IN 15 MINUTES WITH THE PHUNKY15



A series of 15 minute physical activity ideas that you can do in the home with no equipment or apparatus. The children can even do this in their normal clothes – no need to get changed. So there really is no excuse, start now, get active, get Phunky with Phunky15.

### The warm up...

**Gym Stretches** - Ask the children to stand in a space. The children should copy the actions from the parent/adult

- 1.Stretch your left arm across your body and hold for 10 seconds do the same with the right arm.
- 2.With both arms turn the round like wind mill going forward for 5 and back for 5.
- 3.Now reach forward and try and touch your toes.
- 4.Now jump up and down and shake your body all about



### Main activity...

**Aerobic Circuits** - Set up a variety of stations around the home which will help children develop their aerobic ability such as running on the spot, star jumps, skipping with a pretend rope etc. Divide the children into the same number of groups as are stations and allocate each group to a station. They should carry out the activity at their station and after a few minutes get the groups to change. Carry on until all children have completed the task at each station.

### Cool down...

**Ball Roll** - Ask the children to find a space on the floor and sit with their knees drawn into their chest and heels near to their bottoms. Ask the children to wrap their arms around their legs and place the palms of their hands on their shins. Inhale and lift the toes of the mat and roll back keeping their heads tucked in and their back in a C curve. Exhale and straighten the back keeping the feet off the ground and balance for 5 seconds. Return to starting pose and repeat.



# MINDFUL STORY OR POEM - 5 minute Mindfulness practice



## WALT What Am I Learning Today?

- Sit quietly without disturbing others.
- Listen carefully.

## WILF What I am Looking For?

- Sit still in my own personal space.
- Pay attention and concentrate.

## Guidance and preparation

- Ask children to get into their own personal space on the carpet.
- Choose either a well known short story or a poem.

## Resources

1. Story book or poem- can be chosen by children/adult.

## Useful for...

Quietening/calming down at the end of the day.

## Activity (3 minutes)

1. Adult to read the story or poem.

## Discussion (2 minutes)

- How did the characters act?
- What might they be feeling/thinking?