

CHILDREN AND YOUNG PEOPLE

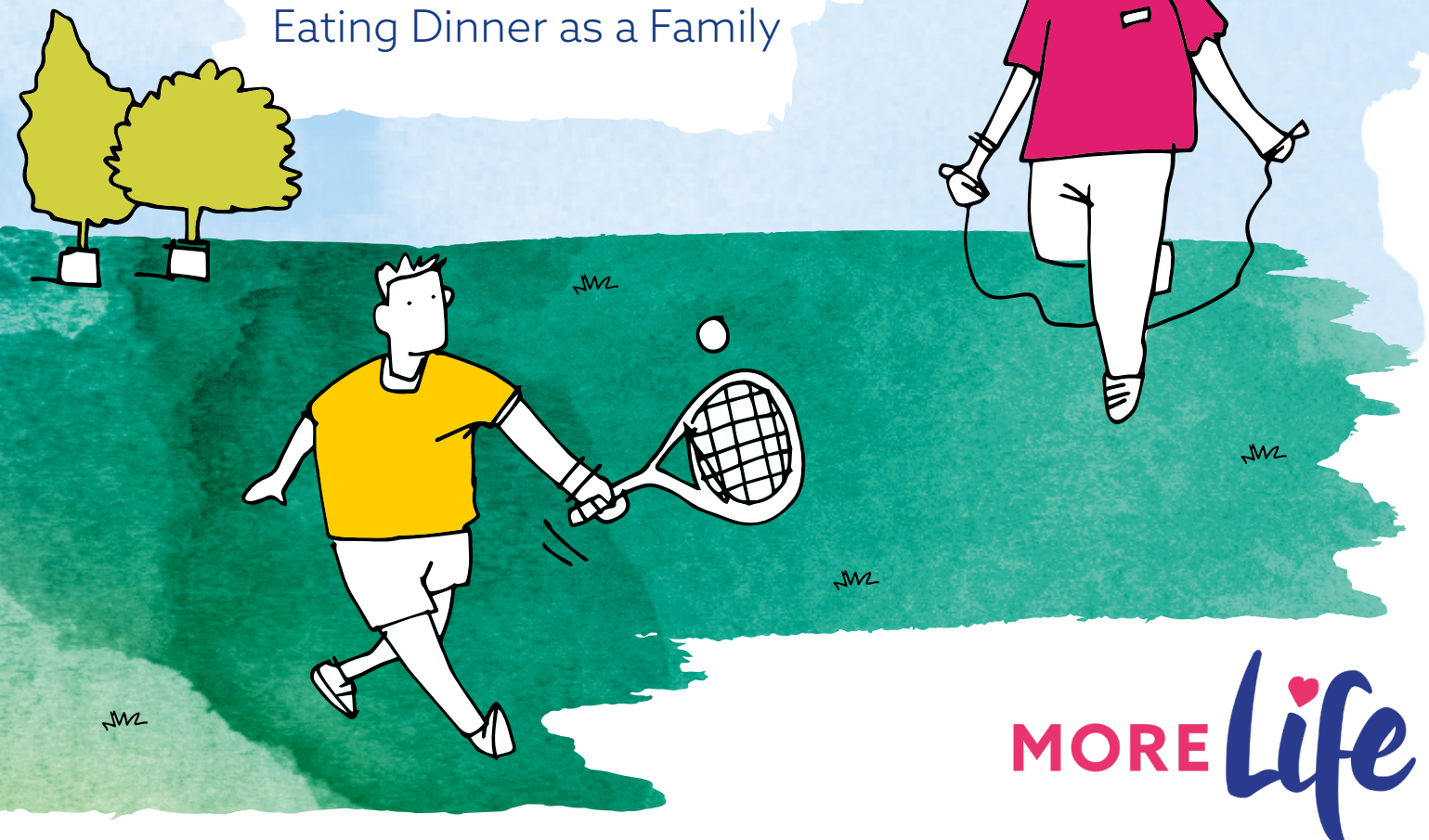
ACTIVITY PACK SIX

IN THIS PACK:

Fish and Chips Recipe

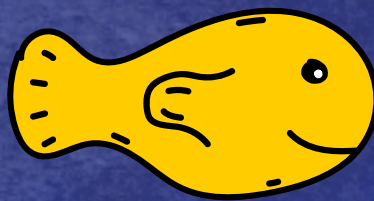
Creating a Dance Routine

Eating Dinner as a Family



MORE Life

FISH AND CHIPS RECIPE



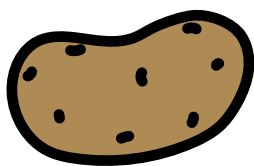
Many people don't realise just how easy it is to make your favourite takeaway foods at home. Learning how to make them as a family, will not only help you to reduce the number of takeaways you eat but is also a great experience of doing something together as a family. Why not incorporate this into a relaxing evening where you watch a movie together after your fakeaway meal?

MoreLife team member Sara has tried a few different fakeaway recipes herself. She enjoys trying the new recipes and gets the same pleasure from eating some great tasting food at a lower cost and knowing that her cooking is much healthier than that from a takeaway.

Making Chips and Mushy Peas



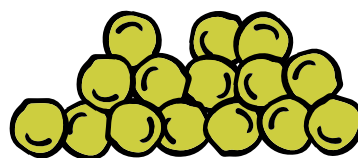
Ingredients - Serves 4



4 Potatoes



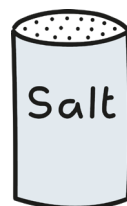
3tbsp Crème Fraîche



340g Peas



4tsp Olive Oil



1tsp Salt



1

Firstly, you will need an adult to help with the following step. Preheat the oven to 220c/200c fan/gas 7.

2

Now you will need to wash, peel and chop the potatoes into chips. Once you've done this, place them on a baking tray and coat them in olive oil and salt.

3

Next, you'll need to put the tray into the oven for 20 minutes, but don't forget to turn the chips after they've been in the oven for 10 minutes.

4

Get your peas and put them into a pot. Fill the pot with water until it covers the peas. Then put the pot on medium heat to cook for 3-4 minutes. Once cooked, drain and mash the peas. If you don't like mushy peas, then you don't have to mash them.

5

Stir in the crème fraîche with the mushy peas when you're ready to serve.

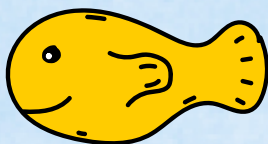


EATING A WIDE VARIETY OF
FRUITS AND VEGETABLES HELPS
PROVIDE OUR BODIES WITH A
GOOD MIXTURE OF VITAMINS
AND MINERALS



Cooking the Fish

Ingredients - Serves 4



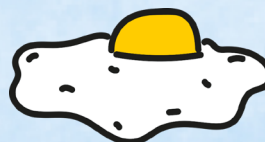
4 Cod Fillets



75g Breadcrumbs



2tsp Mixed Herbs



1 Egg



1

Firstly, you will need an adult to help with the following step. Preheat the oven to 220c/200c fan/gas 7.

2

Take your cod fillets and pat them dry with kitchen roll and put them on a flat chopping board.

3

Take the breadcrumbs and mixed herbs, and combine them in a mixing bowl.

4

Break your egg into a bowl and whisk it. Then, cover your cod fillets with the egg.

5

Take your cod and cover it with the breadcrumb mix, pressing it into the fish to completely cover it.

6

Cover the tray with baking paper or a small amount of oil, and place your cod on to the tray.

7

Put the tray in the oven for 12-15 minutes or once the chips have 12-15 minutes left in the oven.

8

Once the breadcrumbs have turned a golden brown and the fish cooked through, take it out of the oven and serve it with your chips and mushy peas.

What will be your next fake-away meal? There are plenty of recipes that you can find online for more inspiration.



CREATING A DANCE ROUTINE



Help our MoreLife team in learning and performing some new dance routines. You'll need a big smile and your best moves.



DON'T WORRY IF YOU'RE STRUGGLING
WITH YOUR COORDINATION, YOU
CAN STYLE OUT/CHANGE THE MOVES
THAT HAVEN'T GONE TO PLAN.



EATING DINNER AS A FAMILY



Do you remember the Goldilocks story that you watched a couple of weeks ago?

Goldilocks came to the bear's house as she was looking for something to eat for breakfast. Well after this, Goldilocks became a welcome visitor at the Bear's house. Here's what happened when she came over for dinner.



"Hello Goldilocks, come inside. I hope you're hungry," said Daddy bear.

"Hello Daddy bear, I sure am," said Goldilocks.



"mmm... it smells delicious in here," said Goldilocks.

"I've made a chicken casserole, I hope you like it," said Mummy bear.

"That sounds yummy," said Goldilocks.

"I'm just going to set the table. Dinner is almost ready. Come and sit down," said Baby bear.

"It's so nice to eat together with everyone, I'm not used to this," said Goldilocks.

"We don't always manage to eat together, sometimes Daddy bear comes home late. But I like it when we can eat as a family," said Baby bear.

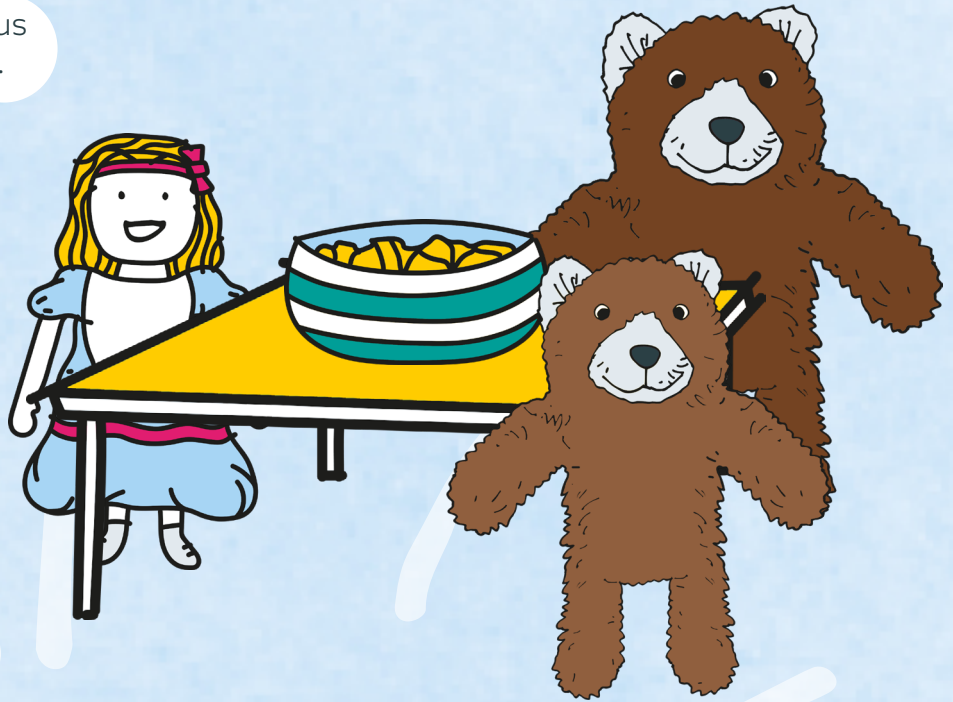
"It's so nice to eat dinner at the table for a change," said Mummy bear.

"I enjoy my food more at the table as I'm not scoffing it down like I do when I eat on the sofa," said Daddy bear.

"It's much more comfortable to eat at the table too," said Mummy bear.

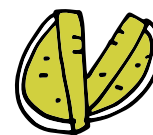
"How was your day Goldilocks?" asked Daddy bear.

The bears and Goldilocks chatted away at the table and everyone smiled and laughed together.



Please complete a quick survey on this pack at
smartsurvey.co.uk/s/Pweek6

Eating dinner, as a family, at the table can be a lovely time to bond together. It's also a great way to encourage children to slow down and be more mindful about eating.



However, we also know it can be quite a challenge to eat together at the table. There are a number of factors at play; busy work schedules, different activity clubs and difficulties getting children to eat away from the television and screens.

Think about how many times a week you think you could, realistically, eat together as a family each week? To begin with, you could aim small for just 1-2 days a week, and then gradually build upon this if you are able to.

IF YOU DON'T HAVE A DINING
TABLE, DON'T WORRY, YOU CAN
STILL ENJOY A FAMILY DINNER.
USE SOME OF THE TIPS WE'VE
MENTIONED AND ENCOURAGE A
TV/SCREEN-FREE DINNER.



Know Your Food

At the dinner table, ask your children questions about their food, such as:

- Do you know how your food was grown? Was it grown on a tree or in the soil, above the soil?
- Do you know which country it grows in?

Exploring how and where food is grown can help children feel more connected to what they are eating. If you have a garden this may even make you more enthusiastic about gardening.

With older children, you could get them involved in some dinner preparation. This will help them feel more invested in dinner as a family.

