



DRAIN YOUR DRINKS

Let's think about what we drink. Some drinks are better for us than others and will help keep us hydrated throughout the day.

Web Detective

Do you know what hydration means?

Why is it so important to stay hydrated? What drinks are best for hydration?

What symptoms might you feel if you become dehydrated?

Use the internet to help you find the answers and record your findings in the box below.



Smoothie Sensation

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

Design your own Water Bottle

You have been requested to help the design team of a new bottled water company!

They want the label to appeal to all children so it needs to be bold, fun and able to persuade them that water is a cool drink to sip through the day.

Design and draw the label in the box below. Make sure you include some of the information that you discovered from your research e.g. the benefits of keeping well hydrated.

You could also include some tips about adding flavour to the water such as making homemade flavoured ice cubes.





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

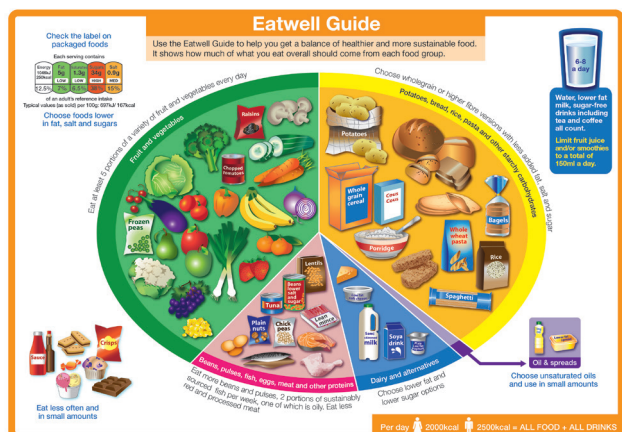
Method

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 -15 minute Mindfulness practice



WALT What Am I Learning Today?

- Developing listening skills.
- Focusing and holding concentration.

WILF What I am Looking For?

- Able to move myself into a settled state
- Practice mindful breathing.
- Understand how thoughts, feelings and impulses shape my behaviour.

Guidance and preparation

- Children sat at own seats.
- Children or adult to choose a well known short story, poem, or extract from story to read aloud.

Resources

- Well known story/extract from story or poem.

Useful for...

- Improving awareness of feelings of others and how feelings can impact on behaviour
- Quietening/calming down at the end of the day.

Activity (10 minutes)

1. Ask children to take 2 mindful breaths to settle themselves into their own personal space.
2. Adult to introduce the activity.
3. Ask children to pay attention to the characters' behaviour and how the characters' thoughts, feelings and impulses impact on their behaviour.
4. Adult to read story/poem.

Discussion (5 minutes)

- Why did the characters act in the way that they did?
- What might they have been thinking and feeling?
- Did they act on impulse?
- How could they have behaved differently?
- What other choices could they have made?