



LET'S CELEBRATE!

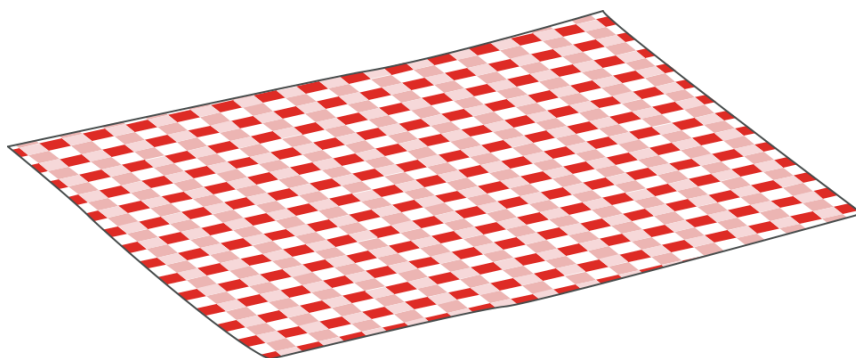
Let's celebrate with food

Food is used at times of celebration in every family. Celebrations are often a time when families come together to share food. We live in a multi-cultural nation with families from all over the world, so lots of different foods are eaten during celebrations.

Discuss with an adult in your house what celebration means. What special times of the year do you celebrate? Does your family have particular foods you like to eat during celebrations?



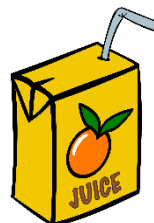
Imagine you are celebrating the end of term in your garden or in the park with a picnic. Who would you like to share your picnic with? Draw yourself with friends or family at a picnic on the picnic rug below or draw one of your own.



Make a headband

Make a headband from a long strip of paper or card to wear for your picnic.

Draw some of the foods you would like to eat on your picnic onto the band and colour them in.





POPCORN CHICKEN

These herby chicken bites are so moreish and very versatile. Have them as a main meal with a salad, vegetables and jacket potato or pop them in a wrap with some lettuce for lunch. They're also great on their own to serve as a nibble at parties.



Skill Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons; use weighing scales; cut using bridge/claw technique safely; crack an egg; beat an egg; coat e.g. goujons; use a hob (with adult supervision).

Equipment: Weighing scales, measuring spoons, fork, 2 spoons, 2 large bowls, 1 medium bowl, garlic crusher, 2 baking trays.

Allergens*: Wheat | Gluten | Egg
May contain soya.

Ingredients (makes 4 portions):

- 450g chicken breast
- 1 tsp oregano
- 1 tsp rosemary
- 1 garlic clove, crushed
- 100g plain flour
- Freshly ground black pepper
- 2 eggs, beaten
- 300g breadcrumbs

* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use

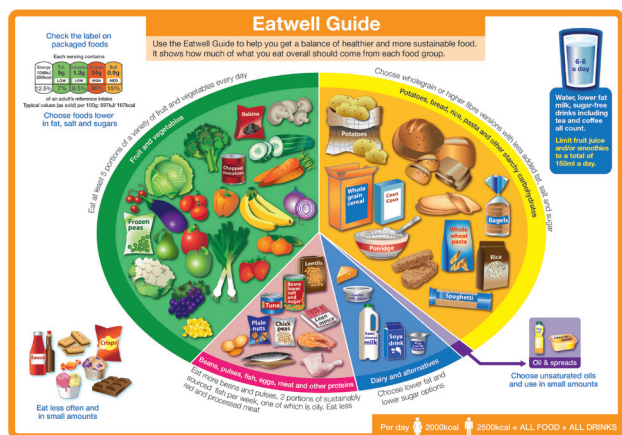
Method

1. Preheat the oven to 190C / Gas Mark 5.
2. Cut the chicken into small bite-sized chunks (approx. 2cm pieces) and put in a large bowl.
3. Crush the garlic, add it to the chicken and mix together.
4. Crack the eggs into the medium bowl and beat them with a fork.
5. Weigh the flour into a large bowl, add the herbs and pepper and stir to combine.
6. Place your breadcrumbs in the third large bowl.
7. Working in small batches, dip the chicken pieces first into the egg, then into the herby flour and then finally into the breadcrumbs to coat before placing them on the baking trays.
8. Cook for 15 minutes until crispy and golden brown.

N.B. because the flour and breadcrumbs have come into contact with raw chicken, throw any that is left away.

POPCORN CHICKEN

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 Popcorn Chicken ...

Chicken is high in protein, and is a good source of B vitamins. Without the skin chicken breast meat is low in fat and calories.



Breadcrumbs are a good source of complex carbohydrates which gives us energy. It is also a good source of fibre and B vitamins. In general, wholemeal and whole-grain flours/bread tend to be more nutritious than white, and they also contain more fibre.



Energy, sugar, fat and salt per serving

Per 194g serving

ENERGY
2167kJ / 512kcal

LOW

FAT
5.6g

LOW

SATURATES
1.1g

LOW

SUGARS
3.8g

MED

SALT
0.8g

% of an adult's reference intake

Typical values per 100g : Energy 1117kJ /264kcal

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 home clothes – no need to get changed. So there really is no excuse, start now, get active, get Phunky with Phunky15.

The warm up...

Tight body stretch - Ask the children to make their whole body as tight and stiff as possible. Hold this for a count of five and release. Breathe in and out slowly. Now ask the children to tighten one body part at a time in the following order: one hand, both hands, one arm, both arms, one leg, both legs, buttocks, whole body. Now ask them to release each body part one at a time in the following reverse order: buttocks, both legs, both arms, both hands.



Main activity...

Down in the Jungle - Explain to the children that they have to pretend they are running through a jungle. The teacher will shout out commands and the children will act them out whilst standing in one spot. Commands include jump over logs; duck under branches; high knees through the quick sand; run from the tiger; tip toe past the snakes etc.

Cool down...

Noises - Ask the children to find a space to lie in and be quiet (or sit at their desk depending on availability of space). Ask them to close their eyes and listen to all the noises surrounding them. Can they hear their own breathing and their heart beat?





MINDFUL BREATHING - 5 minute Mindfulness practice

WALT What Am I Learning Today?

- Focus on breathing.
- Noticing body sensations.

WILF What I am Looking For?

- Awareness of breathing.
- Whether breathing is fast or slow.
- Awareness of where the breath goes in the body.
- Noticing body sensations (eg warmth / pressure).

Guidance and preparation

- Children's starting position: Sat cross legged with hands together in front of chest.
- Use chime bar to signal the beginning and end of the practice.

Resources

- Chime bar (any percussion instrument).

Useful for...

Settling children at the start/end of the day or returning to learning after a break.

Activity (3 minutes)

1. Adult and children to sit in a circle facing each other.
2. Children to sit cross legged in the circle.
3. Adult to demonstrate practice and give simple instructions.
4. Children to put hands together in front of chest, fingers pointing upwards, and close their eyes.
5. Adult to use chime bar to signal start of practice.
6. Breathing in, hold hands out, palms facing upwards.
7. Breathing out, turn hands over, palms facing down.
8. Turn palms in time with the breath so it is a continuous movement.
9. Adult to use chime bar to signal to children to place hands on their hearts and notice sensation.
10. Children to breathe in and out and notice the rise and fall of the chest.
11. Adult to signal the end of practice using chime bar. Children return their hands to their laps and open eyes.
12. Adult to lead a brief discussion on what children noticed about their breathing and any sensations in the body.

Discussion (2 minutes)

- What did you notice about your breathing?
- Was it fast or slow?
- When you put your hands on your chest, what did you notice?