



Activity Sheet



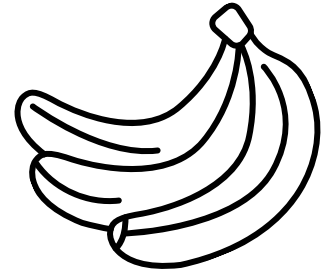
Scrummy Snacks

Harold has written a recipe book, full of lots of really healthy scrummy snacks! Here's one for you to try.

Harold's Delicious Healthy Smoothie Recipe

When Harold's friends come round to play, or when they go on a picnic, he loves to make them something really healthy to drink.

Why don't you try making this and sharing it with your friends or family?

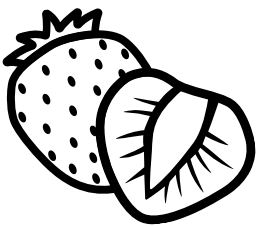
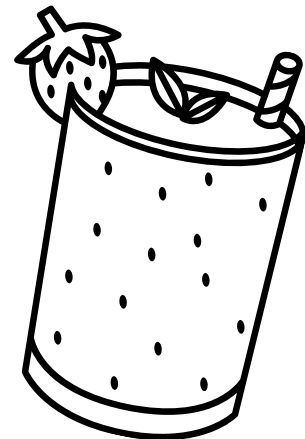


Remember - you will need your grown-up helper when making this.



Ingredients (makes three large glasses)

- 1 Banana
- 16 - 20 Strawberries
- 250ml milk or plant milk substitute
- 3 tablespoons yoghurt
- 2 tablespoons runny honey or maple syrup



What to do

with help using the liquidiser from your grown-up helper!

1. Put the strawberries in a food mixer or liquidiser.
2. Break the banana into 3 pieces and add to mixer.
3. Add the milk, yoghurt and honey/maple syrup.
4. Buzz until smooth.
5. Taste. If it is too thick, add more milk.
6. Pour into glasses and drink. Mmmmmm.

Try making this recipe with other tasty fruit mixtures!

Stay safe!

Always remember -

- * You need your grown-up helper with you all the time you're making things in the kitchen.
- * Wash your hands before you start to make things.
- * Ask your grown up helper to check that the ingredients are all safe for you to eat.

Have fun!

DID YOU KNOW? We should try to eat 5 portions of fruit and vegetables every day. 1 glass of this smoothie is 1 portion!



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Make Raita for Your Family

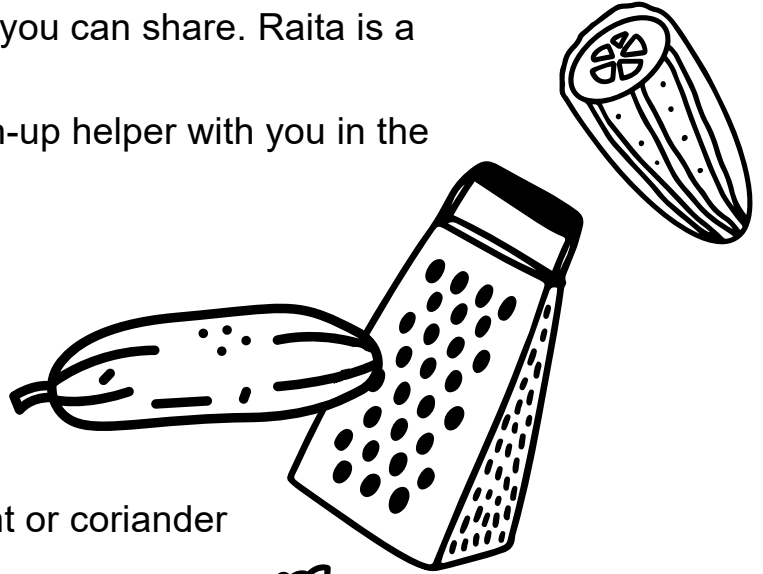
Here is a scrumptious healthy snack you can share. Raita is a traditional Indian dish.

Remember! Always have your grown-up helper with you in the kitchen when you're preparing food!



Ingredients

- 300ml of plain natural yoghurt
- Half a cucumber
- A tiny pinch of salt
- 2 tablespoons of fresh chopped mint or coriander



Utensils

- A bowl
- A grater
- A mixing spoon
- A serving dish



What to do

1. First wash your hands.
2. Ask a grown up to peel the cucumber.
3. Grate the cucumber into a bowl. Mind your fingers!
4. Mix the yoghurt and cucumber together with the chopped herbs.
5. Put the raita into a serving dish and make a pattern on the top with herb leaves or cucumber slices



Yummy!

You can dip carrot sticks or celery sticks into the raita or eat it with a spoon!

What else could you mix into yoghurt? Here are some ideas:
mashed banana, grated apple, grated carrot _____



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Tomato Surprise!



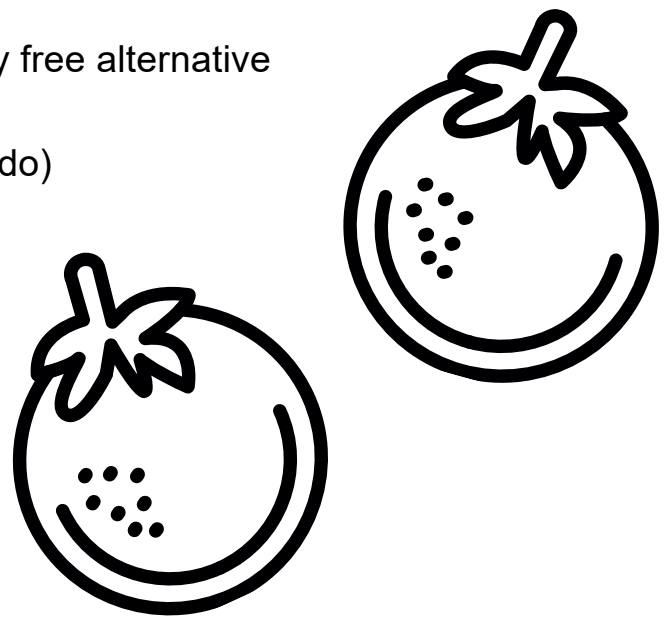
Ingredients

- 1 medium size tomato
- 1 tablespoon cottage cheese or dairy free alternative
- salt and pepper
- chopped parsley (mint or chives will do)



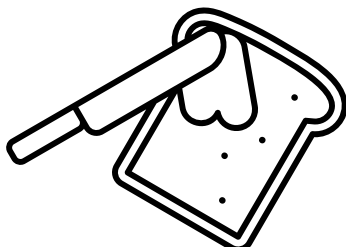
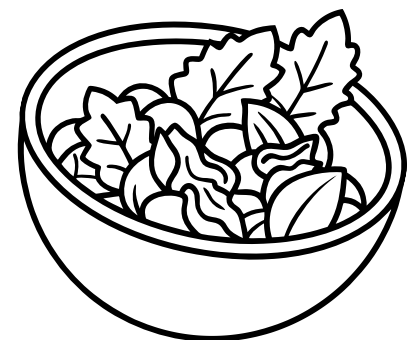
Utensils

- knife
- chopping board
- small bowl
- teaspoon



What to do

1. Ask a grown up to cut the bottom off the tomato.
Scoop out the pulp with a teaspoon.
2. Put pulp into bowl.
3. Mix cottage cheese (or alternative), salt, pepper and parsley with the pulp.
4. Fill tomato shells with the mixture. (Pile it up a little on top). Sprinkle a little chopped parsley over each stuffed tomato.
5. Serve with salad or wholemeal bread and butter



Remember! 1. Always have your grown-up helper with you in the kitchen when you're preparing food!

2. Wash your hands before you start handling food.

3. Check that it's safe for you to eat the ingredients (e.g. nuts).