

Derby WINTER PROMISE

Activity booklet

Welcome to The Derby Winter Promise!

We are delighted to be delivering the Holiday Activities and Food (HAF) programme during Winter 2021 which is funded by the Department for Education. Derby City Council are working with Community Action Derby to put forward The Derby Winter Promise!

This booklet includes recipes, activities and sign posts to important food and physical activity information. For more details around activities, recipes, tips on healthy eating and exercise and also what's available in your ward, please visit: derby.gov.uk/derby-winter-promise

Marcus Rashford, MBE- has more to say about the HAF here: <https://haf2021.org/>

Extra activities

How many of these activities can you complete over the winter period?

- ❄️ Go for a nature walk
- ❄️ Make a healthy snack for your family
- ❄️ Read a new book and story board in 4 images
- ❄️ Create your own winter sport
- ❄️ Plant some winter seedlings and watch these grow
- ❄️ Make one of our fab recipes and share with us!

We'd love to know what you complete! Email us at DerbyHAF@derby.gov.uk

let's do the right thing for Derby

derby.gov.uk/coronavirus
COVID-19 - control the virus



by washing our hands



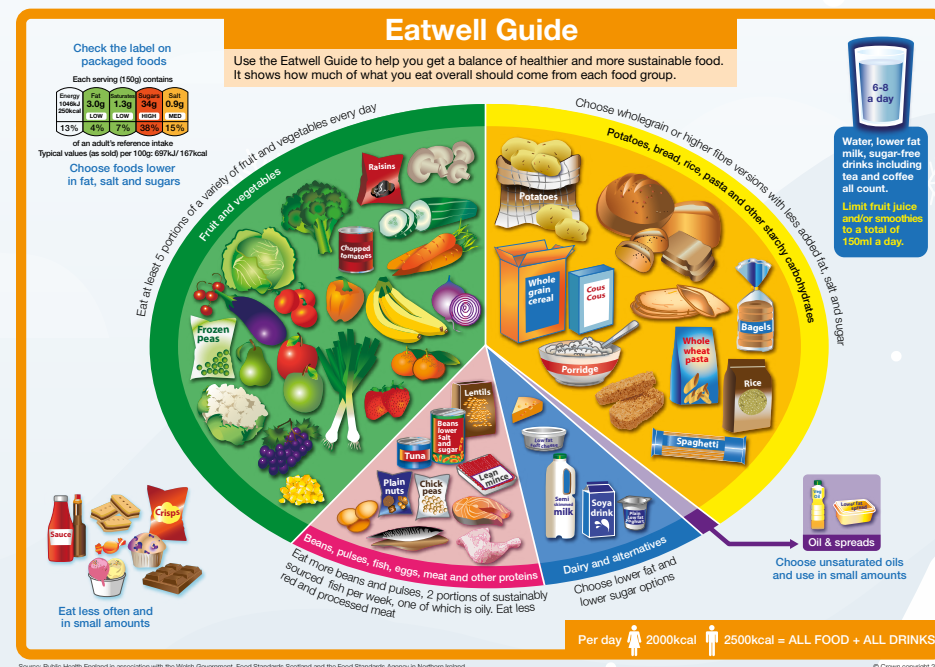
by keeping our distance



by wearing a face covering, if we can



by staying home if we have symptoms, and applying for a test



8 tips for eating well

- 1 Base your meals on starchy foods
- 2 Eat lots of fruit and veg
- 3 Eat more fish - including a portion of oily fish a week
- 4 Cut down on saturated fat and sugar
- 5 Eat less salt - no more than 6g a day for adults
- 6 Get active and be a healthy weight
- 7 Don't get thirsty
- 8 Don't skip breakfast

Ratatouille

This is a French stew made with lots of veg – it's delicious hot or cold. Our version uses less oil than a traditional ratatouille.

What you need:

2 medium courgettes
1 medium aubergine
1 red pepper
1 yellow pepper
2 medium onions, red or white
6 ripe tomatoes
2 tablespoons olive oil
1 teaspoon tomato puree
2 large garlic cloves
1/4 teaspoon ground coriander
2 large sprigs basil
Black pepper



Step 1:

Put your oven on to 220°C, 440°F or gas mark 7. Chop the ends off the courgettes and aubergines and skin the onions. Remove the stalk from the peppers and chop them in two so you can take all the seeds out. Now chop all the veg up into 1.5cm chunks.

Step 2:

Put all the veg (except the aubergine) in a roasting tin and pour the oil over them. Stir them around to spread the oil out and then mix the aubergine in. Once the oven is hot, cook the veg, taking them out every 10 minutes or so to turn them over.

Step 3:

When the veg are starting to go soft and have browned a little, transfer them to a large saucepan. Crush the garlic cloves and tear up the leaves from one of the basil sprigs – then add these to the veg with the tomato puree, pepper and coriander. Put a lid on the pan and cook the mixture on the hob until it turns pulpy – this will probably take between 20 and 40 minutes.

Step 4:

Serve onto plates and sprinkle a few torn basil leaves on top. This is a great accompaniment to grilled meat, served with pasta or some crusty wholemeal bread, or just on its own.

Ingredients

110g wholemeal bread flour,
plus 1 tbsp extra
110g white bread flour
1/2 tsp salt
1 x 7g sachet of dried yeast
150ml lukewarm water (or 75ml
milk and 75ml lukewarm water)

You will also need

A large resealable food bag
Foil

Step 1:

Cut a piece of foil about 80cm long. Fold it in half, then scrunch up the corners to make your own baking tray.

Step 2:

Put the empty bag on the scales. Measure both flours into the bag. Add the salt and dried yeast. Seal the bag and give it a good shake.

Step 3:

Open the bag and add the water (and milk if using). Squeeze out the air and re-seal the bag.

Step 4:

Knead dough in the bag with the heels of your hands until it's all blended, turning occasionally. Knead for at least 10 mins until dough doesn't stick to the bag.

Step 5:

Dust the table with flour. Take dough out of the bag and knead a couple of times.

Bread in a bag



Step 6:

Shape the dough with your hands. Be creative! You can try all sorts of shapes; round, oval, or even square.

Step 7:

Put your loaf in the foil tray and place on a baking tray. Sprinkle with flour. Lay the bag over the top. Leave to rise for 45-60 mins in a warm place.

Step 8:

Half an hour before baking pre-heat the oven to 220C/200C Fan/Gas 7. Remove the bag. Put the bread in the oven. Bake for 20-25 mins until risen and golden.

Step 9:

The bread should sound hollow when trapped on the bottom. Place on a rack to cool before serving.



a _c_



_ _ _er

_ _ _m_ _ _o_



c_ _g_ _e



colour
me in!

Make a super smoothie

Smoothies are a great way to achieve one of your 5 A Day and you can include anything in them! All you need are your ingredients and a blender.

Simple Strawberry Smoothie



5-6 strawberries
1 Cup strawberry yogurt
1 Cup orange or apple juice
Blend ingredients until smooth.



Can you design your own delicious super smoothie recipe?

Me sized portions

This easy to use portion size guide can be used for all age groups as hand size is relative to body size in the majority of cases.

Hand size models are simple to use and require no weighing or measuring equipment. Remember to use your child's hand when serving their meals rather than your own.



Sports wordsearch

Can you find all the sports word in the wordsearch below?

T	G	Y	M	N	A	S	T	I	C	S	H
Y	J	U	D	O	T	F	N	Q	B	A	L
X	E	H	A	W	H	F	D	B	A	I	K
R	E	O	T	C	L	O	G	K	S	L	E
A	V	C	G	R	E	O	H	L	K	I	T
B	Y	K	R	I	T	T	E	T	E	N	T
R	O	E	L	C	I	B	W	D	T	G	E
X	U	Y	E	K	C	A	O	I	B	S	N
U	C	G	R	E	S	L	Y	V	A	P	N
L	I	B	B	T	T	L	E	I	L	H	I
Y	E	C	R	Y	L	G	A	N	L	U	S
W	R	E	S	T	L	I	N	G	R	F	O

Athletics
Basketball
Cricket
Diving
Football
Gymnastics
Hockey
Judo
Rugby
Sailing
Tennis
Wrestling

Design your own sport

Not happy with football? Netball too boring? Rugby too aggressive? Do you find basketball has too many rules? Tennis too difficult? Here's your chance to design a sport for you and your friends to play!

You will need to include the following information:

- A name for your sport
- A facility/ pitch/ court etc including a diagram
- A full description of the rules including scoring, timings, number of players etc.
- Equipment needed

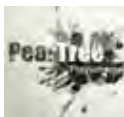




Why not take part in our Wild World Heroes winter reading challenge?

For more info, go to inderby.org.uk/libraries

This activity pack was proudly put together by Derby City Council in collaboration with...



School's Out Club



Spirit & Soul