



# ACTIVITY PACK

**CONTAINS 10  
FUN ACTIVITIES  
FOR KIDS**



**COMPLETE THE  
PACK TO EARN  
A CERTIFICATE**



**Can you find all  
the ingredients?**

They can be written in any direction.

<b>N</b>	<b>R</b>	<b>L</b>	<b>J</b>	<b>A</b>	<b>M</b>	<b>H</b>	<b>G</b>
<b>B</b>	<b>F</b>	<b>I</b>	<b>S</b>	<b>H</b>	<b>Q</b>	<b>C</b>	<b>R</b>
<b>O</b>	<b>B</b>	<b>M</b>	<b>K</b>	<b>V</b>	<b>P</b>	<b>H</b>	<b>A</b>
<b>J</b>	<b>S</b>	<b>E</b>	<b>W</b>	<b>B</b>	<b>A</b>	<b>I</b>	<b>P</b>
<b>O</b>	<b>N</b>	<b>I</b>	<b>O</b>	<b>N</b>	<b>S</b>	<b>L</b>	<b>E</b>
<b>R</b>	<b>E</b>	<b>G</b>	<b>G</b>	<b>E</b>	<b>T</b>	<b>L</b>	<b>T</b>
<b>B</b>	<b>E</b>	<b>P</b>	<b>D</b>	<b>N</b>	<b>A</b>	<b>I</b>	<b>U</b>

**FISH**  
**PASTA**

**EGG**  
**LIME**

**GRAPE**  
**ONION**

**CHILLI**  
**JAM**



## Design your dream trainers

Use patterns and bright colours.





## Complete the workout to get the answers



Scan the code or visit  
[www.youtube.com/watch?v=casrkhQmxus](https://www.youtube.com/watch?v=casrkhQmxus)

Watch the video and write down your answers below.

1. What is the name of the organ used for breathing?

\_\_\_\_\_

2. What is the body's largest organ?

\_\_\_\_\_

3. How many bones make up the human skeleton?

\_\_\_\_\_

4. What is the most flexible muscle in the body?

\_\_\_\_\_

5. Which organ can grow back if it's removed?

\_\_\_\_\_

6. Which land animal can open its mouth the widest?

\_\_\_\_\_

7. Which bird is the largest in the world?

\_\_\_\_\_

8. Which land animal is the fastest in the world?

\_\_\_\_\_

9. Which animal can survive by eating only bamboo?

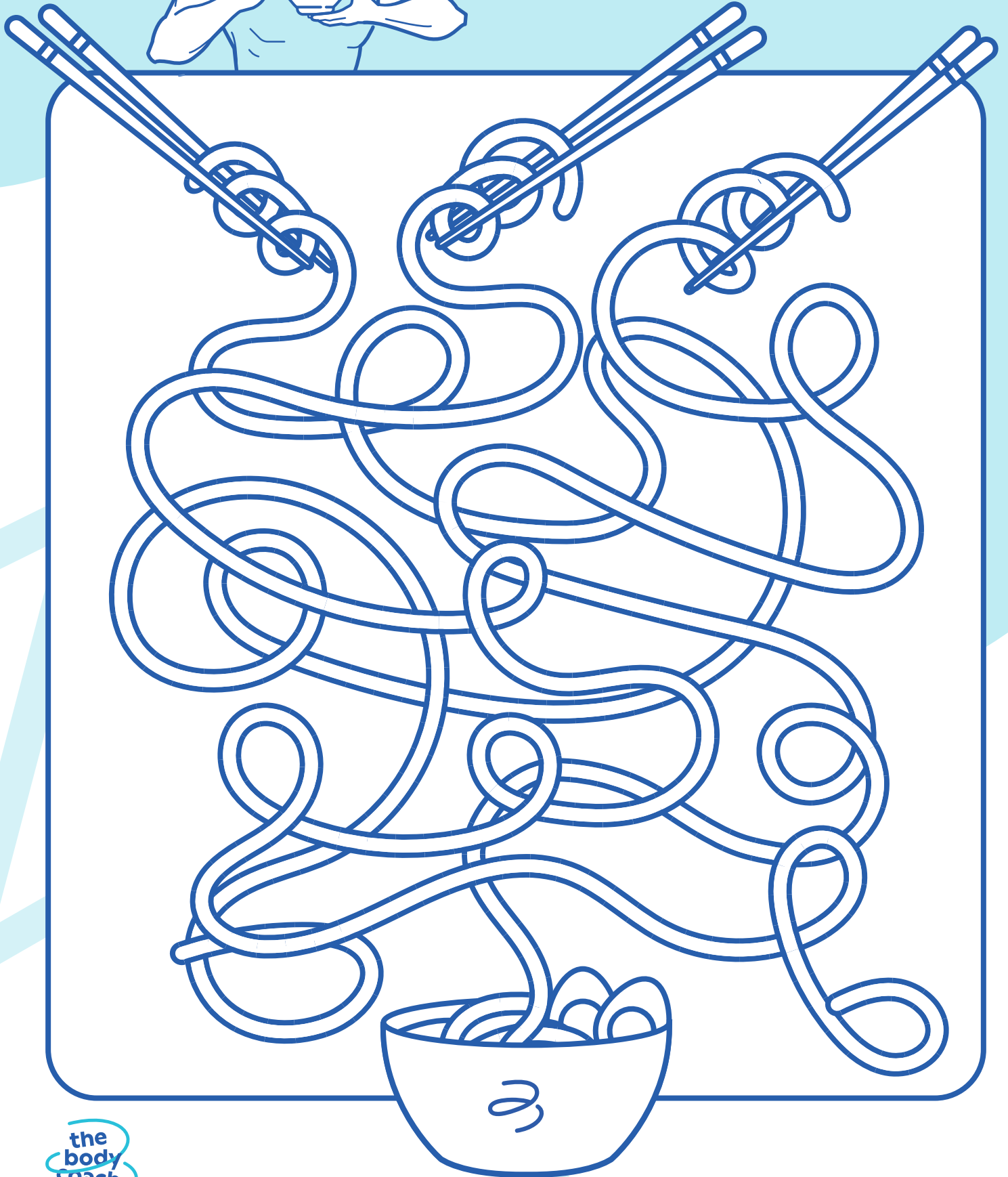
\_\_\_\_\_

10. Which is the only bird that can fly forwards and backwards?

\_\_\_\_\_



**Which chopsticks lead to the bowl?**





**Feeling peckish?  
Ask an adult to  
try this recipe**



# Spaghetti Bolognese

30 minutes

## Ingredients Serves 1

½ tsp olive oil

100g lean beef mince (5% fat)

1 clove garlic, peeled and crushed

1 ½ tbsp tomato purée

Salt and pepper

150g chopped tomatoes

½ tsp dried mixed herbs

60g dried spaghetti

10g parmesan or hard cheese, finely grated

## Method

Heat the oil in a non-stick pan, add the beef and fry over a high heat for 5 minutes until browned. Add the garlic, tomato purée and seasoning, fry for a couple of minutes then stir in the chopped tomatoes, mixed herbs and a splash of water. Cover and simmer gently for 15 minutes until the sauce is reduced and thickened.

Meanwhile, cook the pasta according to the packet instructions. Drain the pasta, reserving a little of the cooking water. Add the pasta to the sauce, toss to coat and loosen if needed with a little of the reserved pasta cooking water. Top with parmesan and serve.

## Top tips

You can swap the beef mince for a vegetarian alternative.

You can also mix things up and change the cheese to cheddar if preferred, and use any type of pasta you like.



## How many times can you exercise this week?

Write down all the exercise you do this week! Examples include: walking to school, playground activities, PE and sport.

Day	What exercise did you do?
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



## Can you spot the difference?

Circle the 5 differences between these scenes.







**Get an adult  
to help you**

# Peanut Butter Bars

## Ingredients

Makes 12 - 16 bars

130g pitted medjool dates

250g peanut butter

45g rolled oats

60g unsalted peanuts

130g dark chocolate, melted

## Method

Soak the dates in warm water for 10-20 minutes, or until they start to soften. Meanwhile, line a baking tin with baking paper.

Add the softened dates, peanut butter and oats into a blender or food processor and blitz until the mixture starts to come together. Stir in the peanuts then press the mixture into the baking tin to create an even layer.

Pour over the melted chocolate and spread to cover the mixture. Refrigerate for an hour or until fully set.

Once set, remove from the tin and cut into equal-sized bars.





## What do you see the most of?

Count how many you see of each and write it down.

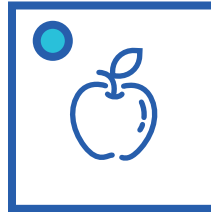




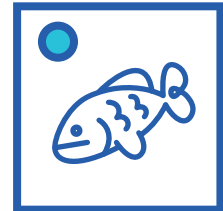
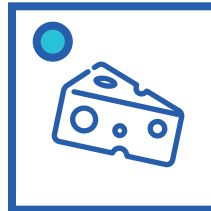
## Match the ingredients to the food groups

Food groups help us organise the food we eat.  
There are 5 different food groups.

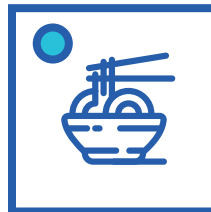
Fruits and vegetables, like bananas and broccoli, give us vitamins that help keep our bodies working.



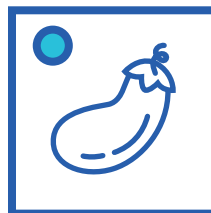
Carbohydrates, such as pasta, bread and rice, help keep our energy levels up.



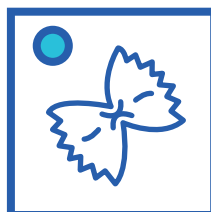
Protein is found in meat, beans and eggs and it helps build healthy muscles and allows our bodies to grow and repair.



Dairy foods, like milk, cheese and yoghurt, give us calcium for strong teeth and bones.



Fat and oils, for example olive oil and butter, act as an energy store.





# YOU SMASHED IT!

CERTIFICATE PRESENTED TO



**FOR COMPLETING**

**THE BODY COACH ACTIVITY PACK**

