

The Lunch Bunch Challenge **WEEK FOUR**

MOVE

MORE

The new Move More Packed Lunch Challenge!

WHY TAKE PART?



Welcome to our final Lunch Bunch Packed Lunch Challenge of the term. We hope you have enjoyed our previous recipes, quizzes, and tried out some of the many ways that you can jazz up your children's lunches. Hopefully, you have also learnt more about the different food groups and how they play an important part in a healthy and varied diet. This week, we will be looking at ways that fruit can be incorporated into your child's lunchbox in interesting ways. It's easy to throw in an orange or an apple, but how often do these come back home untouched? Perhaps your child leaves their apple until last and then, with lunchtime coming to an end, feels it's too big a task to take on- or it may just seem boring! What can we offer them instead?

WEEK FOUR - FRUIT

Why do we need fruit?

Fruit is a really important element of your children's diet for a variety of reasons. Firstly, it provides vital nutrients to support their growth and development, it boosts their immune systems, supports healthy brain development and contributes to maintaining the level of sugar in the blood, which reduces the decrease in the level of energy associated with children in the middle of the afternoon.



This week, we are providing you with 2 very simple recipes, which are *fruitilicious* and so simple to make. Involve your children and see them beam with pride at their achievements.

Check out our family activity sheet below and watch the video to collect the weekly letter. Email us the secret word at the end of the challenge to be in with a chance of winning a prize!

Team Fruit!



PROFILE:

Team Fruit

PLAYERS:

Apple, banana, blueberries, orange

TEAM STRENGTHS:

The fruit team have a very good GAME TACTICS! Their nutrients support healthy brain development and contribute to maintaining the level of sugar in the blood, which reduces any decreases in energy levels to keep on going!

LEARN

FRUIT THEMED PACKED LUNCHES!

Shopping List

- 100g porridge oats
- 100g natural yoghurt
- 100g frozen mixed berries

Equipment

1 bowl, 1 spoon, small pots with lids

Kids' Mixed Berry Oats

Serves 2 adult portions, which can be divided up into smaller portions for your children.

Prep time 5 mins

Cook time 12 hours

Method:

- Layer each pot with yoghurt, then mixed berries & oats.
- Repeat the layers until you have filled your pots.
- Refrigerate overnight. Before serving, you can top with fruits and seeds of your choice.
- Before putting it into a lunchbox, make sure that the pot is shut properly and packed with an ice pack to prevent yoghurt going off.

Fruit Loaf

Prep time 15 mins

Cook time 1hr 20mins

Method:

- Preheat oven to 180°C. Place first 3 ingredients in a saucepan and heat gently for a few minutes, then cool.
- Add remaining ingredients. Mix well, then spoon into a lightly oiled medium-sized loaf tin. Cover tin with foil and secure with either string or a rubber band. Cook in a water bath in the oven for about 1 hour.
- When cooked, remove foil and cool on a rack. Cut loaf in 8 slices, then cut each slice in half to form 16 squares.

Shopping List

- ½ x 250ml carton fruit juice concentrate
- 120ml skimmed milk
- 500g mixed dried fruit (any combination will work)
- ½ teaspoon baking soda
- 1 teaspoon baking powder
- 250g wholemeal flour

Equipment

A saucepan, a medium-sized loaf tin, a wooden spoon or spatula and a wire cooling rack

Other ideas to make fruit fun:

Use a cutter to make fruit shapes. Children love this!
Tinned fruit pieces are great. Just remove the juice.

How about a fruit kebab?

Dried fruit e.g. dates, figs, mango



**Why was the
strawberry sad?
Because its mother
was in a jam!**



**What do you call
two banana peels?
A pair of slippers!**



**Why did the apple stop in
the middle of the road?
It ran out of juice!**

FRUIT JOKES!



ACTIVITY!

Learn some French fruit words and colour them in!



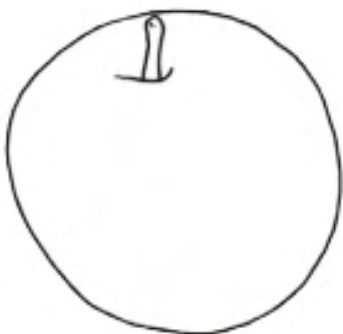
Le fruit!



grapes
des raisins



cherries
des cerises



apple
une pomme



lemon
un citron



strawberries
des fraises



pear
une poire

TIME FOR A QUIZ!



PLAY IT AS A FAMILY OR EVEN TRY IT AS A WHOLE SCHOOL ASSEMBLY!

- Please read the important notice below before doing the activity video.
- Scan the QR code with your camera phone to load Week 4's video or you can click or type the link into a URL bar to load.
- Guess the answers to the questions and do the relevant activity beneath it.



UNLOCK WEEK FOUR'S LETTER!

<https://youtu.be/fv255T16jmo>



Important Notice

The activities detailed are to be used as a guide to improve children's / adults' physical and mental well-being. When taking part in the activities, children should always be accompanied by a responsible adult and appropriate levels of caution should be used by all participants when partaking in any activities that may be beyond their current capabilities. Move More do not accept any responsibility or liability should an injury occur whilst carrying out any of the activities detailed.

1. Make sure you have enough space around you so that you do not bump into anything and are able to keep safe.
2. Wear trainers and sports clothes or comfortable clothes to be able to move around safely .
3. If you need some extra equipment, always ask an adult to help you find these.
4. Take regular drink breaks.
5. Stop or rest should you feel any discomfort.

You are invited to join our **NEW PARENT FACEBOOK GROUP** for participating schools. Click on the link to join Move More's Family Health programme 2023/24 & share your feedback, photos or videos of your **LUNCH BUNCH ACTIVITIES!**



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