

Additional Ideas for Nutritional Activity Cards NA11-20

The following ideas link with the activity cards **NA11-20**

NA11- Try swapping the cheese for peanut butter or adding a different topping such as other dried fruits.

NA12- Try making kiwi and orange lollies instead using the following recipe.

What you need:

- 3 ripe kiwi fruit, peeled
- 300ml (10fl oz) orange juice

What you need to do

1. Blend the kiwi fruit in a food processor or blender.
2. Pour the mixture into 6 mini moulds up to half way.
3. Insert lollypop sticks and place in the freezer until almost frozen - about 2-3 hours.
4. Then top up the moulds with the orange juice and continue to freeze for 4-6 hours or until frozen.
5. To serve, quickly dip the moulds in warm water to ease out the lollies.

NA13 and NA14- Try changing the fruit you use to seasonal fruit as this will be cheaper and a nice variation to the recipe.

NA15- Try out different fillings for your tortillas. Ham could be used instead of turkey and try out different salads.

NA16- Follow the recipe but try swapping the berries for bananas to make banana yoghurt.

NA17- To find out how many calories are burned carrying out different activities, log onto <http://www.eatwell.gov.uk/healthydiet/healthyweight/caloriecalculator>

NA19- Try completing the recipes on a computer and print out your healthy menus. [Click for a menu template to print out.](#)

NA20- Try using pineapple or apple juice with different fruits following the same recipe.