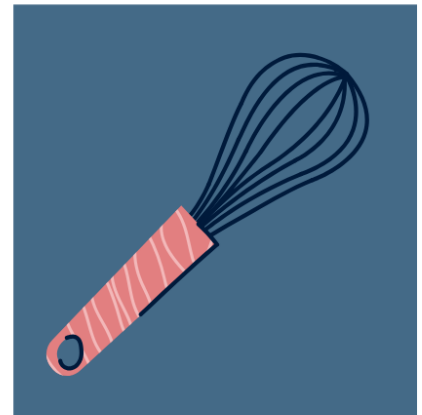




# HEALTHY EATING AND ACTIVE PLAY



## AT HOME



FOR MORE IDEAS FOLLOW KIDS EAT, MOVE & PLAY ON FACEBOOK

# Active Play – Indoors

## Have an “at home hunt”

Create your very own scavenger hunt at home – children can look for items in the backyard, within the house, or ask them to find things of certain colours or shapes! We have some ideas you can download at <https://nswlhd.health.nsw.gov.au/health-promotion/portfolio/getting-active/>



## Indoor obstacle course

Use masking tape (or chalk for outside), toys and string to create an obstacle course. You can include straight lines to balance along, crosses to jump on, zig zags to run along and two lines to crab or bear crawl along. String can be used to move the body over and under – pretend it is laser beams!



## Balloon Sports

Balloons, scrunched up newspaper or soft balls can be used to play a number of indoor sports and allow children to learn basic skills.

- Tennis
- Soccer
- Volleyball
- Cricket



If you don't have bats or equipment get imaginative! Rolled up newspaper can form a bat, a fry pan can be used as a tennis racquet, drink bottles can mark goals and string can act as a net.

## The Floor is Lava

Have your children pretend that the floor is lava – it is very hot and will burn them if they touch it. They are to jump and leap around the lounge room, using cushions, lounges and other items around the room. Children are to keep moving at all times. You can create your own version of this game by creating safe zones, or tasks children can do when they touch the lava.



# Active Play – Outdoors

## Fun with Scarves and Streamers

Put a scarf or streamer in a child's hand and movement is guaranteed to start. Some prompts include: dance, leap, gallop, twist, twirl, jump, throw, spin, catch. Children can create their own version by gluing some streamers to an empty paper towel or toilet roll, or tying ribbon to hair bands and putting on wrists. For younger children you can tuck streamers or ribbons into drawers and challenge them to stand, balance and pull them out.



## Hopscotch

Use chalk to mark a hopscotch out in your yard. Teach kids to hop from square to square and add challenges such as skipping a square as they progress.

They can also take turns calling out numbers and jumping on them. As children become familiar you can challenge them with two or three number patterns.



## Games from your Childhood

Use games from your childhood to inspire outdoor play with your children. Introduce them to some classics such as:

- Red Rover Crossover
- What's the Time Mister Wolf
- Red Light Green Light
- DIY slip'n'slides
- Musical Chairs
- Helicopter Helicopter
- Bubble Catching
- Statues
- Egg and Spoon Races
- Potato Sack Races (canvas shopping bags make great sacks)
- Three Legged or Wheelbarrow races
- Wet Sponge tosses
- Elastics



These games also help develop co-operation, colour recognition, numeracy skills, hand-eye coordination and problem solving skills.

# Healthy Eating Activities

## Food Craft

Food scraps can often be reused as part of your craft activities. Celery cores, potato offcuts, tomato sections (without seeds), broccoli scraps and fruit skin can all make great stamps while carrot tops can be used as a paint brush. When children play with foods in other ways, they are more likely to try them when offered as part of a meal or snack.



## Growing food from scraps

Seeds and seedlings may be in short supply but that doesn't mean you can't grow food in your garden. Lots of kitchen scraps can be used to give it a kick start – try lettuce, herbs, tomatoes, garlic, spring onions, potatoes, pineapple and celery! Put scraps with roots in a glass of water. Dry tomato seeds on paper towel then plant seeds in a pot on a sunny windowsill.



## How loudly can you CRUNCH?

Download a sound meter app onto your phone or tablet and explore how loud different foods crunch. Each day try crunching a different fruit or vegetable and record the results. Do different members of your family CRUNCH more loudly than others? Who is the CRUNCH champion?



## Eggs-periment

Create a naked egg by using this experiment to dissolve an egg shell. Simply place a whole egg into a clear jar or glass and cover with white vinegar. Watch what happens over 2-3 days.

Bubbles will form across the egg shell and it will slowly dissolve.

Remove the egg once the shell has dissolved and it will feel rubbery and bounce when dropped from about 5cm above a surface.





# Recipes

## Pizza Muffin

**Ingredients:** ½ an English muffin per pizza  
Toppings Ideas: tomato paste, capsicum, tomato, mushrooms, onion, pineapple pieces, ham, chicken, tuna, grated low-fat cheese, herbs such as oregano

Spread the base with tomato paste. Top with any of the toppings – make sure to add lots of vegetables! Sprinkle with cheese and herbs

Place under grill for 5 min or bake at 180 degrees until cheese is golden. Great to eat hot or cold, and can be frozen.



## Rice Cake Face

Get creative with food and make your very own rice cake faces to munch on.

**Ingredients:** Rice cakes  
Savoury topping ideas: avocado, hummus, tomatoes, capsicum, cucumber, olives, carrot.  
Sweet topping ideas: use nut butter, yoghurt, berries, sultanas, banana, grapes, or other fruit.



## Banana & Oat Muffin

**Ingredients:** 1 cup yoghurt, 1 cup rolled oats, 1 egg, ½ cup vegetable oil, ¼ cup sugar, ¾ cup mashed banana, 1 ¼ cup self-raising flour, preferably wholemeal, optional: sultanas, walnuts or dates

Preheat oven to 220 degrees celsius. Combine yoghurt and oats. Put into fridge for 30 min – no more, no less! Add remaining ingredients in this order – egg, oil, sugar, banana, flour, and mix gently. Spoon mixture into a 12-hole muffin tray lined with baking paper. Bake approximately 20 minutes or until cooked in the centre. They should still be moist. Cool on wire rack.



## Tasty Toastie

**Ingredients:** 2 slices of bread per toastie (preferably wholemeal or seeded).  
Any combination of these toppings: tomato, cheese, ham, chicken, tuna, capsicum, baby spinach, mushroom, (chutney or relish)

Put chosen ingredients evenly on one slice of bread, add cheese and top with second slice of bread. Toast in sandwich press or jaffle iron until cheese is melted and bread is golden.



# Other downloadable resources



**HOW WILL YOU GET ACTIVE TODAY?**

Access via <https://www.healthpromotion.com.au/refresh-home/#games-jump>



**Q4: Family Activation Pack**

Access via <https://www.healthpromotion.com.au/refresh-home/#games-jump>



**MINI MOVES**

Access via <https://www.healthykids.nsw.gov.au/campaigns-programs/munch-move-resources.aspx>



**FMS**  
With Frankie and Friends

Frankie and Friends

Access via <https://www.healthykids.nsw.gov.au/campaigns-programs/munch-move-resources.aspx>



**KIDS EAT, MOVE & PLAY**

Kids Eat, Move & Play Facebook Page

Let's Look at Lunches

Instagram @lookatlunches