

## Forest Lodge Academy

### Weekly Wellbeing Challenge Week 3

We hope you enjoyed last week's challenge about fitness. This week we are focusing on nutrition and cooking for wellbeing. There is a strong link between eating well, cooking and mental health. These activities are something you can do with your family as you will need grown up help. We have set six fun nutrition and cooking tasks below for you to have a go at. You don't need to do them all just try as many as you like and when you speak to your teacher let them know how you got on.

#### Bake and Shake

Sometimes it's fun to bake along to music. Make your favourite recipe with your family (always cook with a grown up) and listen to your favourite music at the same time!



#### Trying can be Tasty

Why don't you and your family try out a new healthy recipe? Something you've never eaten before. There are lots of web sites and apps with recipes on that have easy to find ingredients. Some are below.



<https://realfood.tesco.com/recipes/collections/easy-recipes-for-kids.html>

<https://www.bbcgoodfood.com/recipes/collection/kids-cooking>



#### The Great Forest Lodge Bake Off!

This week we are challenging you to produce a bake of your choice (cake, bread, biscuit, muffin, cupcake etc) in our Great Forest Lodge Bake Off! Send in pictures of your bakes to Mrs Moore at [Forestyear2@forestlodgeacademy.co.uk](mailto:Forestyear2@forestlodgeacademy.co.uk) and we'll put them on our web site wow work and on our school facebook page.

#### Eat Well Guide

Have a look at the eat well guide below or on the Governments eat well web site. Use this time as a check in for what you are eating each day and think about any positive changes you could make.



<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

#### Weights and Measures

Cooking and especially baking is a great opportunity to use maths especially weighing and measuring. Children, can you use scales of different kinds to measure out ingredients?



#### Dough!

Baking bread is easier than you think and tastes amazing, especially when it's warm! You don't need a bread maker or mixer and can add different flavours or ingredients to a basic bread recipe. You can also make loafs, rolls or funny shapes and characters out of bread.



<https://www.cookingwithmykids.co.uk/easy-bread-recipe-for-kids/>