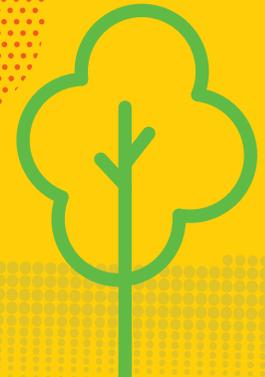




ASDA foundation **ASDA** community

ACTIVITY PACK

To provide some fun activities for children to do at home, we've compiled some of our most successful Community Champion activities into this pack. Our Community Champions deliver these activities with schools all year round, and now they're yours to do at home!



ANTI-WASTE CHARTER

I _____ hereby pledge to reduce the amount of food I throw away.

Fill in the gaps
with the words in
the green circle.

Throwing
Planning
Laughing
Checking
Swimming
Writing

Reading
Asking
Jumping
Running
Putting
Storing



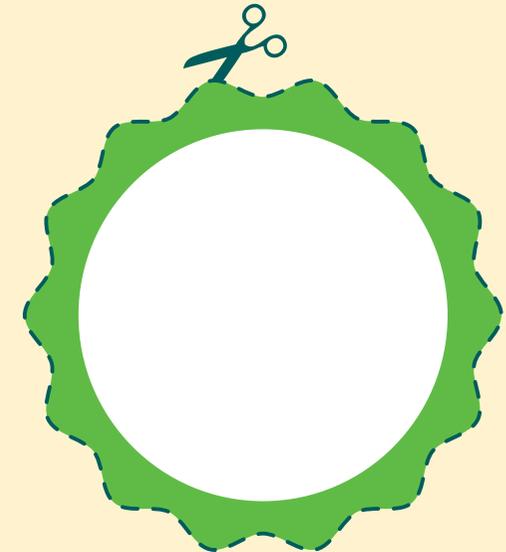
I will do this by:

Not _____ away any food and _____ all my leftovers in the fridge or freezer; _____ all opened food and leftovers in airtight containers; _____ meals for the week that include food from the fridge, freezer and cupboards; _____ the cupboards, fridge and freezer before we go shopping; _____ a shopping list before we do any grocery shopping; _____ the labels on all food before buying or storing it; No _____ for more food than we can eat!

Signed by _____

Date _____

Create your own **Food Waste Badge** to seal the deal of this charter



Activity 2

BREAD IN-A-BAG

This is a fun way to find out how bread is made and you'll love seeing yeast make the dough rise!



Makes 1 small loaf for 4, or 4 mini rolls

Preheat the oven to 220°C/200°C Fan/Gas 7



Preparation time 25mins

Cooking time 20-25mins, plus rising time

Each 82g serving contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
755kJ	Low	Low	Low	Med
180kcal	1g	0.2g	0.9g	0.54g
9%	1%	1%	1%	9%

of your reference intake.

Typical energy values per 100g: 920kJ/220kcal



Ingredients

- 110g wholemeal bread flour, plus 1tbsp extra
- 110g white bread flour
- 1/2tsp salt
- 1 x 7g sachet dried yeast
- 150ml lukewarm water (or 75ml milk and 75ml lukewarm water)

Equipment

- Kitchen foil
- Scissors
- Medium resealable plastic food bag (approx 300mm x 260mm)
- Weighing scales
- Measuring spoons
- Measuring jug
- Baking tray
- Oven gloves
- Cooling rack

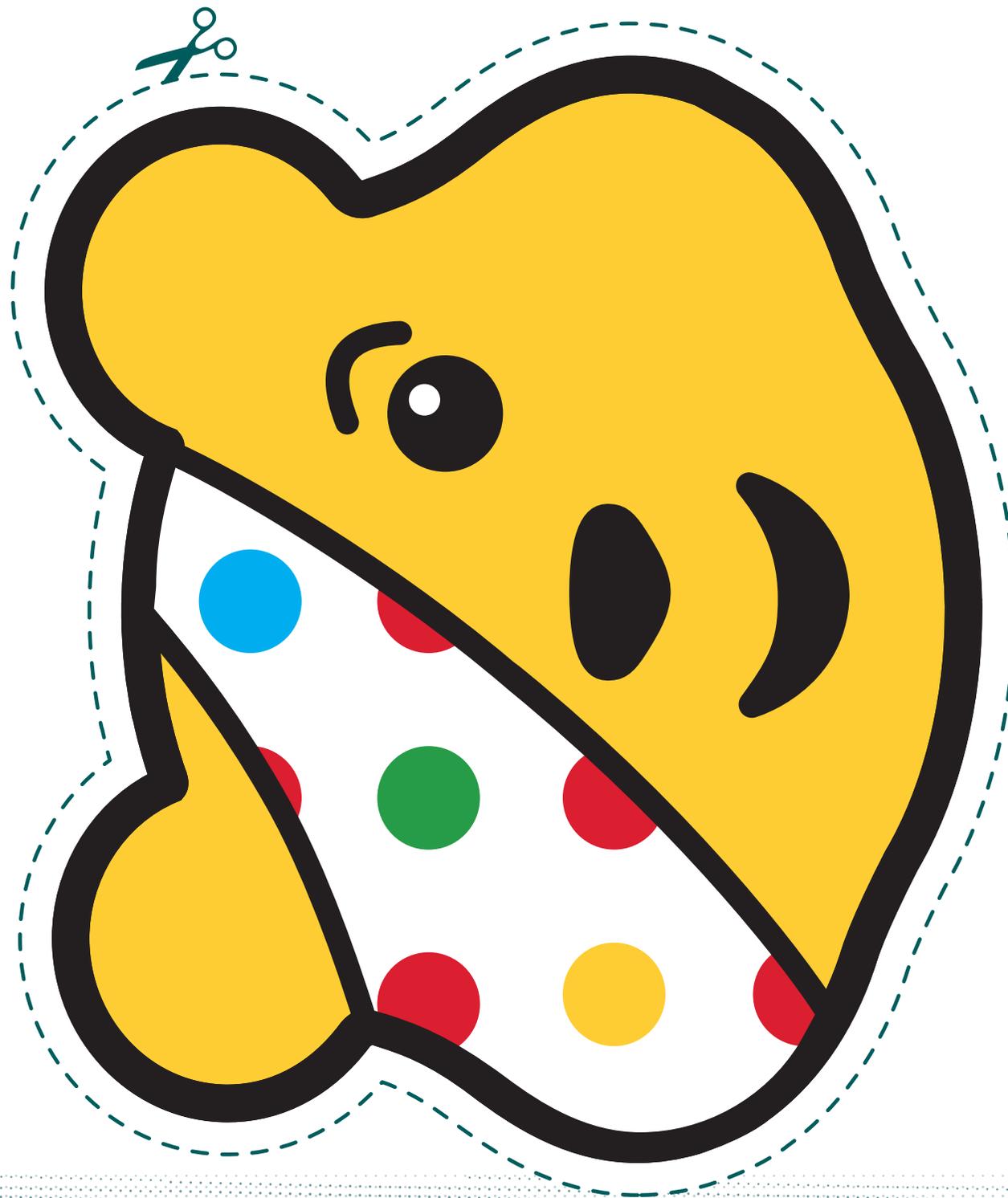
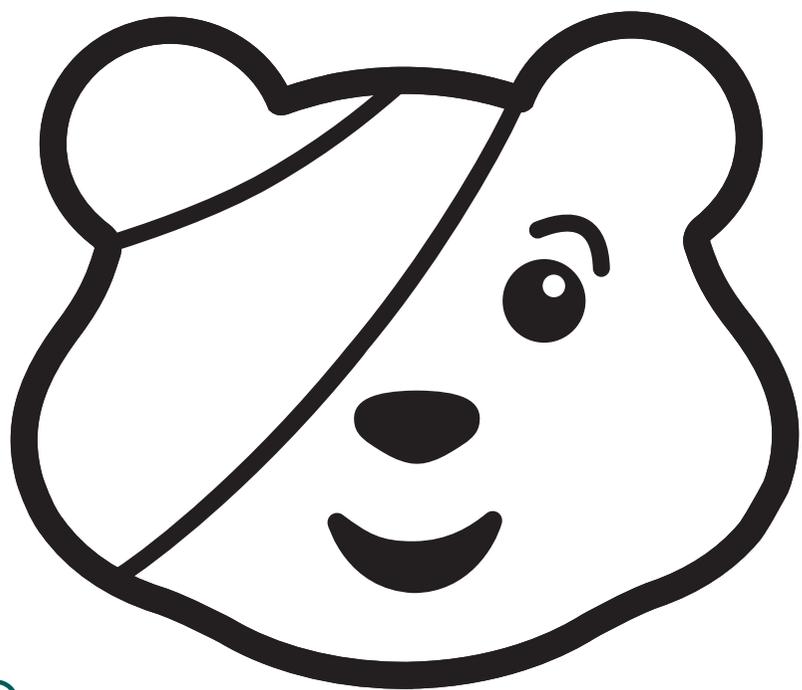
How to make

- 1 Cut a piece of foil about 80cm long. Fold it in half, then scrunch up the corners to make your own baking tray.
- 2 Put the empty bag on the scales. Measure both flours into the bag. Add the salt and dried yeast. Seal the bag and give it a good shake.
- 3 Open the bag and add the water (and milk if using). Squeeze out the air and reseal the bag.
- 4 Knead dough in the bag with the heels of your hands until it's all blended, turning occasionally. Knead for at least 10 minutes until dough doesn't stick to the bag.
- 5 Dust the table with flour. Take dough out of the bag and knead a couple of times.
- 6 Shape the dough with your hands. Be creative! You can try all sorts of shapes – round, oval, oblong or even square.
- 7 Put your loaf on the foil tray and place on a baking tray. Sprinkle with flour. Lay the bag over the top. Leave to rise for 45-60 minutes in a warm place.
- 8 Half an hour before baking, preheat the oven to 220°C/200°C Fan/Gas 7. Remove the bag. Put the bread in the oven. Bake for 20-25 minutes until risen and golden.
- 9 The bread should sound hollow when tapped on the bottom. Place on a rack to cool before serving.



MAKE A PUDSEY MASK

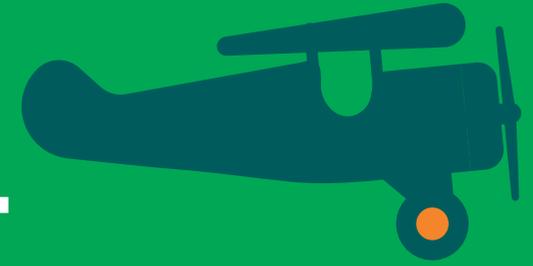
Make a Pudsey mask or design your own personalised bandana picture.



COLOURING SHEET



FOOD FOR THOUGHT

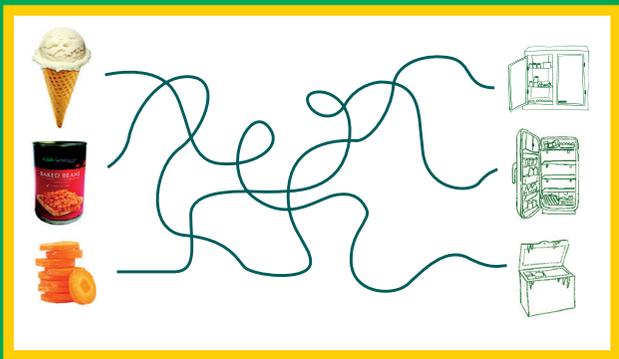


Word search

- STORAGE
- PORTION
- FRIDGE
- CUPBOARD
- FREEZER
- BREAD
- PASTA
- RICE
- CARROTS

S	T	O	R	A	G	E	U	T	T
C	I	D	N	C	R	I	C	E	S
B	P	D	R	O	I	Q	O	I	Y
D	R	R	L	E	I	U	J	M	E
R	R	E	N	K	Z	T	R	J	G
A	E	A	A	O	C	E	R	P	K
O	G	I	Z	D	T	L	E	O	I
B	D	S	D	B	F	S	J	R	P
P	I	D	O	G	P	V	W	B	F
U	R	E	S	T	O	R	R	A	C
C	F	P	A	S	T	A	C	U	D

Connect the food to its home in the kitchen

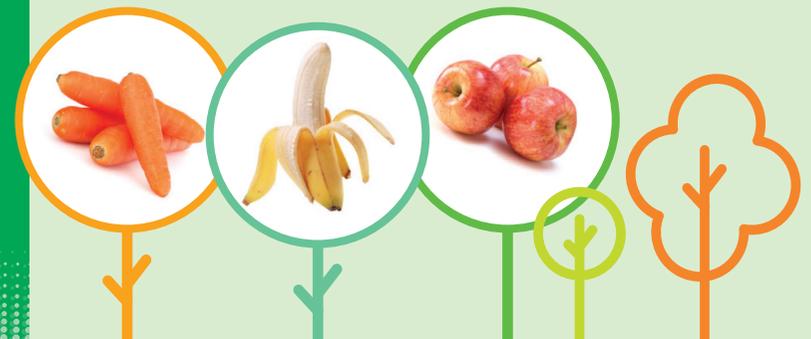
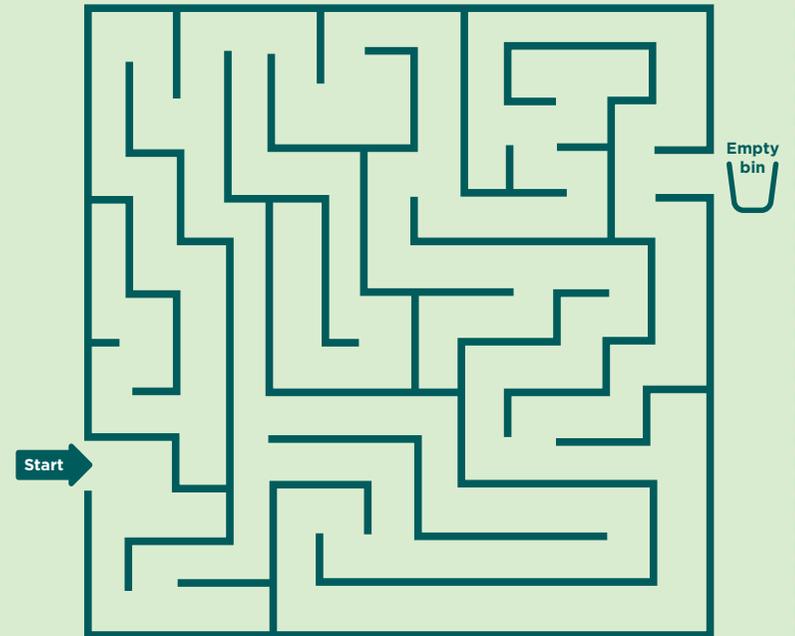


Ice cream goes into the _____

Baked beans go into the _____

Carrots go into the _____

Food Waste Maze



THE GREAT OUTDOORS

We all feel better in the fresh air - even if it's raining! Just going for a short walk every day helps everybody cheer up (even grown-ups!) and there's so much to do out there.

Let off some steam!

Running down hills, or splashing in puddles, nature's just one big playground really.

Get nature nosy!

Be your neighbourhood's very own David Attenborough. How many different types of trees, plants, birds and animals can you spot?

Be calm

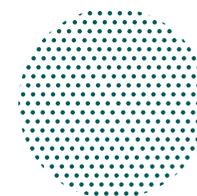
Sitting still surrounded by nature is a great way to relax. What can you hear? How many colours can you see? Empty your mind - don't think, just watch and listen...

Go on a treasure hunt

Conkers, acorns, buds, blossom, coloured leaves - nature's always got something new to show you.

What was the best thing you saw today?

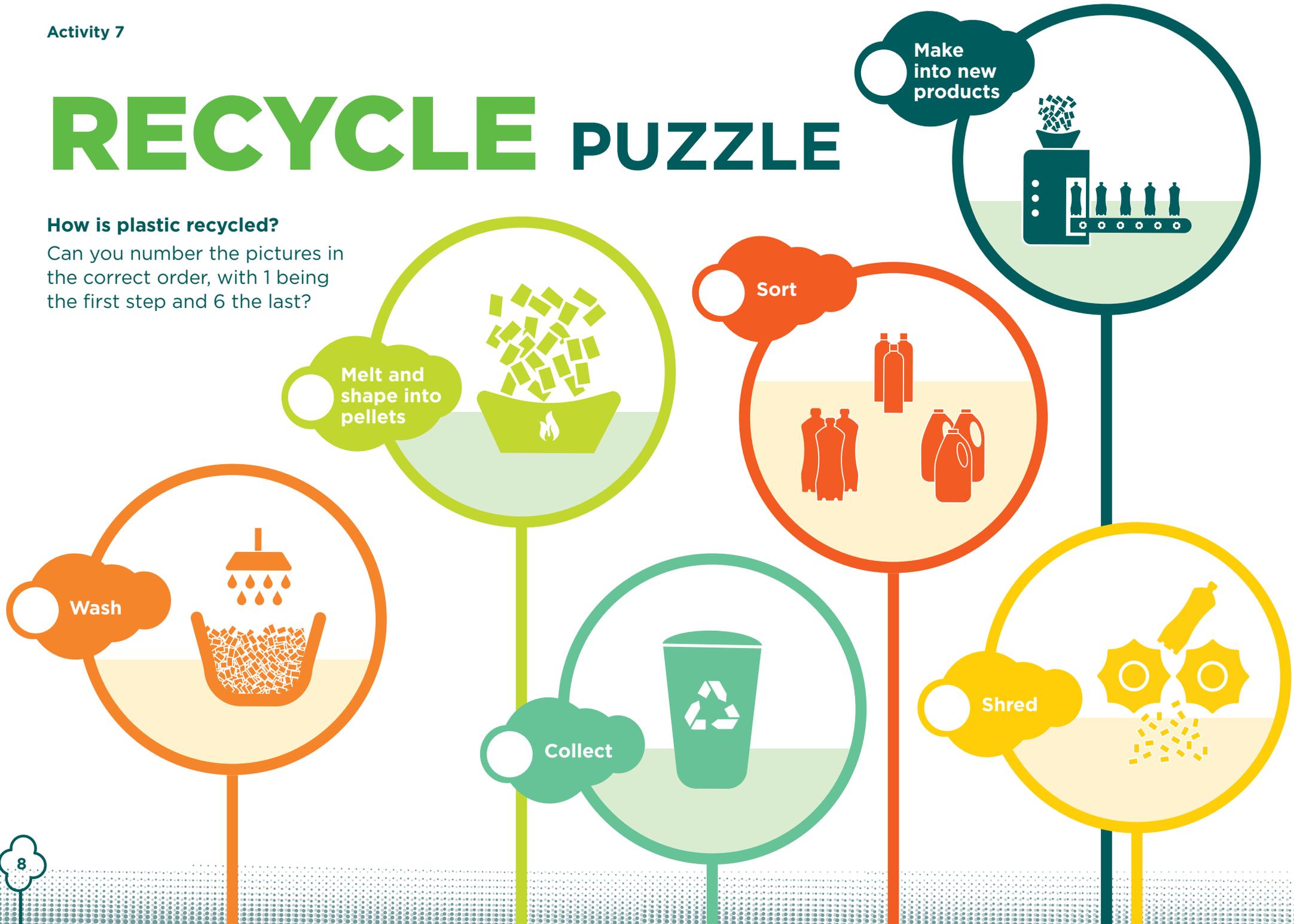
Make a picture of it here.



RECYCLE PUZZLE

How is plastic recycled?

Can you number the pictures in the correct order, with 1 being the first step and 6 the last?



WHICH SEASON?

We import fruit and vegetables from other countries that have different seasons and growing conditions but the fruit and vegetables in the table below are grown in the UK.

Add your four favourite fruit and vegetables in the spaces to the right. You can choose fruit and vegetables that grow in the UK or abroad. Which season are they grown in? You can use the table below to help you. You can also do some research on the computer or you can ask some of your family or friends

		Spring	Summer	Autumn	Winter
Apples					
Potatoes					
Sweetcorn					
Lettuce					
Strawberries					
Rhubarb					
Leeks					

My favourites are:

1 Name _____

Season _____

Where it grows _____

2 Name _____

Season _____

Where it grows _____

3 Name _____

Season _____

Where it grows _____

4 Name _____

Season _____

Where it grows _____

WHAT AM I?

FRUIT AND VEGETABLE QUIZ



See if you can work out which fruit or vegetable is being described and fill in the answer in the space provided. See if you can match the pictures to the descriptions.

- 1 I grow in winter and I am famous for being eaten at Christmas. I am small, round and green. People love or hate me. I grow on a stem. I need to be cooked.

What am I?

- 2 I am grown in the summer and autumn but I am eaten all year round. I am long and orange in colour. I can be eaten raw in salads or with dips but I'm also delicious cooked.

What am I?

- 3 I grow in a hot country. I am long and yellow and curved. Lots of children like me. You need to take my skin off to eat me. I taste delicious in smoothies.

What am I?

- 4 I am round and orange. I grow on a tree. You need to peel me to eat me. I make delicious juice for breakfast and some people make me into marmalade.

What am I?

- 5 I am leafy and green or white. I get chopped up to make coleslaw. Some people like me cooked too. I am grown mostly in winter and spring.

What am I?

- 6 I am round and can be purple or green. I am juicy to eat and sometimes have pips. I am grown on a vine. When dried I'm called a raisin. I am also used to make wine. My season is autumn.

What am I?

- 7 I am an oval-shaped vegetable which grows underground. I have a brown skin which usually gets peeled off at home. I grow in the UK. You can fry me, bake me, boil me and roast me. I am very good for making crisps. I am supposed to be the UK's favourite vegetable.

What am I?

- 8 I am called a flower but I am not a garden flower. I am a vegetable. I have green leaves on my outside. You eat the white part of me which is shaped like trees.

What am I?

- 9 I am yellow and oval in shape. I grow in a warm country and need lots of sunshine. I taste bitter. Grown-ups sometimes slice me up to put in their drinks. I'm a very popular flavour for fizzy drinks.

What am I?

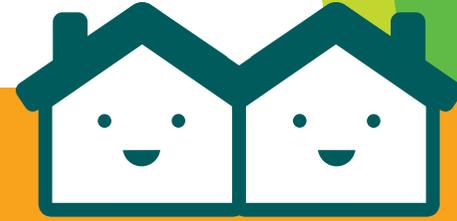
- 10 I am green and grow in a pod in most parts of the UK. My season is summer. At home you usually need to store me in the freezer. I am often eaten with fish and chips, the Sunday roast or in curries.

What am I?





STAY SAFE



Answers to the quiz:

1. C - Brussels sprouts
2. F - Carrot
3. I - Banana
4. A - Orange
5. B - Cabbage
6. F - Grape
7. J - Potato
8. G - Cauliflower
9. E - Lemon
10. D - Peas

Answers to the seasonality chart:

- Apples** - Autumn **Potatoes** - Autumn and Winter
Sweetcorn - Autumn **Lettuce** - Summer
Strawberries - Summer **Rhubarb** - Spring
Leeks - Winter

Recycle Puzzle Answers

1. Collect
2. Sort
3. Wash
4. Shred
5. Melt and shape in to pellets
6. Make new product

