

HEALTHY FRUIT SALAD

Serves 4



Oranges

Melon

Grapes

Pineapple, tinned (in juice, not syrup)

Peaches, tinned (in juice, not syrup)

Apple

Any other fruit of your choice

Directions

Pour tinned pineapple and peaches into a large bowl with the juice.

Wash, peel and chop all the fruit and to the bowl. Mix well.

Place in fridge until ready to eat.



UNIVERSITY OF
BIRMINGHAM

Colouring!



WAVES





Dear Parents / Guardians,

VILLA VITALITY PROGRAMME

The Villa Vitality programme teaches children about living a healthy lifestyle, focusing on being physically active and eating a healthy diet.

During the 6 week programme, the children will have the opportunity to visit Aston Villa Football Club twice to learn about leading a healthy life and have one visit from an Aston Villa coach to their school to reinforce the lessons they have learnt.

DAY ONE

The children find out what footballers eat and why healthy eating is important. They will take part in a fun physical activity session with Aston Villa coaches. The children will also be given a set of challenges weekly and a project to work on for their next visit to Aston Villa.

DAY TWO

An Aston Villa coach will visit your child's school to get the class active and teach them new skills. They will also help the class with their projects and challenges.

DAY THREE

The children take part in cooking a healthy lunch or food to take away in the Food Academy Community Kitchen. They will also try out the Club's dance mats and record their group project in the Aston Villa Radio Recording Studio.

In this booklet, there are a range of activities for the children to do which supplement the messages they have been given at Villa Vitality and throughout the WAVES programme. There are also some recipes for you to try at home.

We hope they enjoy them!

The WAVES study research team and
Aston Villa Football Club.

WAVES

VITALITY POTATO WEDGES

Serves 4

8 potatoes
1 tbsp olive oil
Seasonings (e.g. pepper, garlic, chilli –



Directions

- Preheat the oven to 200°C or Gas Mark 6.
- Cut the potatoes into thick wedges.
- Place the wedges into a bowl and mix well with the oil and seasonings.
- Place the wedges on a baking tray and bake in the oven for 20-30 minutes until golden brown and crispy.

TUNA AND SALAD WRAP

| | |
|---------------------------------------|-----------------------------|
| 4 tortilla wraps – plain or wholemeal | ¼ cucumber, diced |
| 2 medium sized tomatoes, diced | 1 carrot, peeled and grated |
| ¼ iceberg lettuce, shredded | 4 tbsp of natural yogurt |
| 1 x 200g tin of tuna in spring | |

Serves 4

Directions

- Mix together all of the ingredients except the tortilla wraps.
- Pile the mixture in the middle of each tortilla wrap, fold up the bottom and then fold in each side. The wraps are now ready to eat!

VILLA VITALITY RECIPES

**** REMEMBER TO ALWAYS WASH YOUR HANDS AND WORK SURFACES BEFORE YOU START COOKING ****

VITALITY HEALTHY PIZZA

Serves 4

Pizza bread dough (Alternatively, try readymade pizza bases or half a baguette)
 2 cloves garlic, finely chopped
 1 small onion, chopped
 400g tin chopped tomatoes
 Oregano dried
 Low fat cheese grated or fresh mozzarella cheese, ripped or sliced

5 basil leaves
 Mushrooms, sliced
 Tomatoes, sliced
 Optional spicy chicken
 Optional shredded ham



Directions

- Preheat the oven to 200°C or Gas Mark 6.
- Fry the onions and garlic in a little olive oil until soft.
- Add the chopped tomatoes and simmer for five minutes. Allow to cool.
- Stretch dough to form a flat circle and transfer to baking tray or into a pizza tray.
- Pierce the dough with a fork in several places (if using raw dough).
- Spread the base with the tomato sauce and arrange the basil leaves on the pizza.
- Add a pinch of pepper.
- Arrange the sliced mushrooms and tomatoes on the pizza.
- Sprinkle with the cheese or arrange with the ripped mozzarella. Add any other toppings you would like to add.
- Finish with the dried oregano.
- Bake for 15 minutes or until the base is cooked and the top is golden.

TOP TIP: Experiment with different healthy toppings e.g. tinned pineapple, peppers, sweetcorn.

ACTIVITY 1—FRUITS AND VEGETABLES

Family Learning Fruit and Vegetable Word Search

See if you can find all the fruit and vegetables listed below. All the words go across from left to right. ⇨



You could circle the fruit in one colour and the vegetables in a different colour.

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p h
q a
v e
t v a u n f l z
o r a n g e a p p l e h
v g r a p e l e m o n h x x
z i j i i j y g x s h v c j
s n i r s t e j o w y p e s
y r z c u c u m b e r o t c
l x g r v t r f j g j k s y
w s t r a w b e r r y v z c
t r u t s w e e t c o r n x
y b i b r o c c o l i n
u a p s l e t t u c e f
r c a r r o t d b s
b a n a n a x p e a
c h e r r y q p
l s w e d e p
k i w i
    
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| | | | | |
|----------|----------|-------|---------|------------|
| apple | carrot | grape | lettuce | strawberry |
| banana | cherry | kiwi | orange | swede |
| broccoli | cucumber | lemon | pea | sweetcorn |

ACTIVITY 2—KEEPING ACTIVE



Draw a circle around the things that keep you active...

Watching TV

Reading a book

Running

Walking to School

Playing on the computer

Gardening

Dancing

Going for a bike ride

Skipping

Swimming

Sleeping

Playing football

Watching a film

Remember to be active for at least one hour every day!

What is your favourite activity?



ACTIVITY 3—MAKE A FUNNY FACE

Ask an adult to chop up some fruits and vegetables for you to make a funny face. They could use a peeler to make strips of carrot or grate an apple for hair. Sliced strawberries or kiwis make great eyes and a strip of red pepper will make a smiley mouth. The best bit is getting to eat your funny face when you've finished.

Here are some funny faces made by children with a little help from their parents:

