

<p>Rainbow kebab: Use:</p> <ul style="list-style-type: none"> - Raspberries - Strawberries - Bananas - Oranges - Red/green grapes - Blueberries <p>Can you think of any more colourful food?</p>	<h2 style="text-align: center;">Keeping Healthy</h2> <p style="text-align: center;">How many pieces of fruit and vegetables should we eat a day?</p> <ul style="list-style-type: none"> - Did you know tomatoes are a fruit? - Potatoes were the first vegetable to grow in space! <p style="text-align: center;">What would happen if you planted the seeds you find in your fruit? Try in your garden!</p>	<p>Fruit smoothies taste great: How to make:</p> <ul style="list-style-type: none"> - Mixed frozen berries - 1 banana - 1l/3 Greek yoghurt - 1 ½ cups of milk (dairy/ alternative works!) - 2 teaspoons of honey <p>Then blend!</p>
<p>Can you make your own pizza?</p> <ul style="list-style-type: none"> - Use English muffins as a pizza base - Add pizza sauce and cheese <p>What vegetables could you add on top?</p>		<p>Banana loaf:</p> <ul style="list-style-type: none"> - 8oz of self-raising flour - ¼ teaspoon of bicarbonate of soda - 3oz butter - 6oz caster sugar - 2 eggs - 1 lb of banana
<p>Make cress:</p> <ul style="list-style-type: none"> - Fill a container $\frac{3}{4}$ full with cotton wool - Add water, enough to soak cotton wool - Sprinkle cress seeds <p>Let us know on twitter if they work! Cress is yummy on sandwiches!</p>	<p>Keeping fit:</p> <ul style="list-style-type: none"> - Make an obstacle course in your garden! - Have a dance to your favourite song? - Try Cosmic Yoga on YouTube, see if there's one that is your favourite story - Look for Gruffalos on your walk or go on a bear hunt! 	<p>Method:</p> <ul style="list-style-type: none"> - Preheat oven to 180oC - Mash bananas - Sieve flour and add bicarbonate of soda - Beat the eggs - Mix butter and sugar together - Mix all ingredients together then add banana

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