

Healthy Eating

Mindfulness Activities LKS1

Pitta Pocket

- $\frac{1}{2}$ wholemeal pitta bread
- 25g cooked skinless chicken breast
- $\frac{1}{4}$ cucumber, cut into chunks
- 4 cherry tomatoes, halved

Fill the pitta half with the chicken breast, cucumber and cherry tomatoes.



Egg & Soldiers

- 1 soft-boiled egg
- 7 steamed asparagus spears

Cut the soft-boiled egg in half and serve with the steamed asparagus for dipping.



Frozen Yoghurt Fruity Bites

- 200g natural yoghurt
- A handful of raspberries
- A handful of blueberries (or other fruits)

Put 12 cupcake cases on a small tray and use a spoon to drop some yoghurt into each case. Pop a few pieces of fruit into the yoghurt and press down with your fingers. Freeze for 2 hours or until solid. Pop out of the case and serve.



Sausage Kebabs

- 4 skewers
- 8 cherry tomatoes
- $\frac{1}{4}$ red pepper, cut into 1-inch pieces
- 8 cocktail sausages
- 1 tbsp runny honey
- 1 tbsp wholegrain mustard

Preheat the oven to 200C/400F/Gas 6. Line a baking tray with greaseproof paper. Thread a tomato, pepper piece and sausage onto a skewer and repeat. Mix the honey and mustard in a bowl and then brush onto the kebabs. Cook for 18 - 20 minutes or until sausages are cooked through.

