

Highshore School

Parent and Student Fitness Challenge!



Greenhouse
Sports

Health and fitness is important to us at Highshore School.

Can you and your child complete the four week fitness challenge with us? Join in and give it a go!

If you complete all the challenges you and your child will receive a certificate.

Send in your pictures and films via Twitter or Email:



joanne@greenhousesports.org



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[@_Greenhouse_](https://twitter.com/_Greenhouse_)

Exercise Challenge

Week

Challenge

Tick

1

Walk for twenty minutes in the park, three times

2

Perform one hundred star jumps over the week

3

Jog for ten minutes in the park, three times

4

Try one new sport/activity (e.g. rope skipping)

ADDED CHALLENGE:

With your child, create/copy a dance routine for your favourite song and film yourselves performing it

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Food Challenge

Week

Challenge

Tick

1

Eat two portions of fruit each day

2

Avoid fizzy drinks all week

3

Eat three portions of vegetables each day

4

Avoid chocolate all week

ADDED CHALLENGE:

Make one of our healthy recipes each week with your child and send in pictures of the food

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Top Tips: Nutrition

1

Eat a healthy breakfast every morning, like porridge.

2

Make sure you drink plenty of water during the day.

3

Aim to eat five portions of fruit and vegetables a day.

4

Avoid eating too many processed foods and takeaways as these can contain lots of salt and or sugar.

5

Vary your meals. Eat different foods to get a variety of different vitamins and minerals.

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Recipes

Jacket Potatoes and Tuna

Ingredients:

- Two potatoes
- A tin of tuna
- Light mayonnaise
- Mixed salad leaves
- Half a cucumber



Method

Serves: 2 people

1

Carefully pierce the potatoes in several places with a knife. Cook in the microwave for 10 minutes (turning once during)

2

Put olive oil around the sides of the potatoes, wrap them in foil and cook in the oven at 180 degrees for 20 minutes

3

Drain the tin of tuna and use a fork to mix it with the mayonnaise in a bowl. Wash and chop the cucumber and salad leaves.

4

Remove the foil from the potatoes and serve on a plate with the tuna and salad

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Recipes

Lentil and Carrot Soup

Ingredients:

- A white onion
- 2 tablespoons of olive oil
- 3 garlic cloves
- 2 carrots
- 85g red lentils
- 1 veggie stock cube



Method

Serves: 2 people

1

Boil one litre of water in the kettle. Carefully peel and slice the garlic, carrots and onion

2

Lightly fry the onions in olive oil for two minutes, and then add the garlic and carrots to the pan

3

Pour the water from the kettle, stir in the lentils and stock cube and cover the pan and cook on a medium heat for 15 minutes

4

When the lentils are tender, take the pan off the heat and stir. You can add parsley or pepper if you would like. Serve into bowls to eat.

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Recipes

Quick Hummus

Ingredients:

- A can of chickpeas
- 4 tablespoons of lemon juice
- 4 garlic cloves crushed
- 2 tablespoons of ground cumin
- 8 tablespoons of water
- 4 tablespoons of olive oil
- 2 tablespoons of paprika



Serves: 2 people

Method

1

Drain and rinse the chickpeas in a colander

2

Put all of the ingredients into a blender and blend until it has become a creamy purée . Add salt to taste.

Eat with
toasted
wholemeal
pitta
bread,
cucumber
and carrots

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Recipes

Fresh Green Salad

Ingredients:

- Half a cucumber
- Mixed lettuce leaves
- One avocado
- Two tomatoes
- Pine Nuts



Method

Serves: 2 people

1

Carefully wash and chop the cucumber and tomatoes

2

Peel and chop the avocado

3

Wash the mixed lettuce leaves

4

Add everything to a bowl, sprinkle some pine nuts on top and add the "Homemade Pesto Sauce"

Brilliant to add on the side to any meal

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Recipes

Homemade Pesto Sauce

Ingredients:

- Half a clove of garlic
- Salt and pepper
- 3 handfuls of fresh basil leaves
- 1 handful of pine nuts
- 1 handful of freshly grated parmesan
- Olive oil
- 1 small squeeze of lemon juice



Method

Serves: 4 people

1

Add the garlic, basil and the grated parmesan to a blender and blend with enough olive oil to get an oozy consistency

2

Add the pine nuts, lemon juice, salt and pepper to taste

Great to eat with salads and pasta.

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Recipes

Fresh Fruit Salad

Ingredients:

- A banana
- An orange
- A kiwi fruit
- 16 strawberries
- One pot of Greek yoghurt



Method

Serves: 2 people

1

Peel the banana, orange and kiwi and cut into segments

2

Wash the strawberries and remove the green stems

3

Put all the fruit into a bowl and add the Greek yoghurt on top

Other fruit you could use include:

Apples
Pears
Berries
Mango

Send in your own recipes via Twitter or Email:



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Recipes

Healthy Fruit Smoothie

Ingredients:

- A banana
- A handful of oats, pumpkin seeds, spinach and raspberries
- Rice milk



Serves: 1 person

Method

1

Add all of the ingredients to a blender

2

Blend it until it is a liquid

3

Pour the drink into a glass and add ice cubes

If you prefer, swap the rice milk for yoghurt, milk or water

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