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Freddy Fit[®]

EXERCISE OF THE DAY ★ HEALTH TIPS ★
COLOURING PAGES ★ RECIPES ★ QUIZ QUESTIONS

EXERCISE OF THE DAY

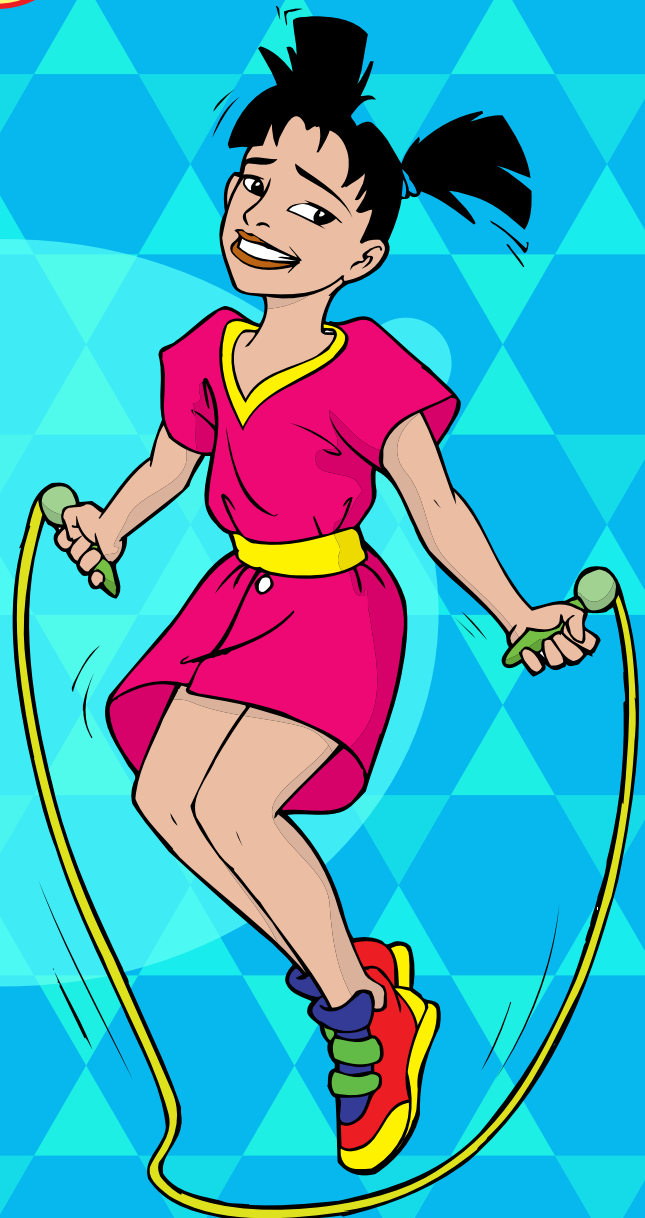


**FIT
TIP**

SKIPPING

- A great way to stay fit if you have a rope

**Try skipping
1 minute each
time**



HEALTH TIP



✓ Coughs, Colds & Sneezing

Colds and coughs are very common and can make you feel very sorry for yourself.

They are different to having flu and are caused by tiny micro-organisms (germs!) called viruses that easily spread from one person to another. The viruses are spread when we cough and sneeze, and sneezes can travel out of your nose at up to 100 miles an hour, spreading germs up to 2-3 metres away. Revolting!



When you have a cold or a cough, you might feel hot or cold - this may be a sign that you're getting ill. Your temperature may be high, you could feel headachy, sick, have a sore throat or an aching body. You might feel tired or not feel like eating, and you are very likely to have a runny or snotty nose! Having a cold is no fun.

Colds cannot be cured by antibiotics, so the best thing to do is get plenty of rest and drink plenty of fluids.

Sneeze Facts

Our body tries to get rid of germs by sneezing. The germs get caught in the tiny hairs inside our noses which makes our noses tickle. This sends a message to the brain. The brain then sends a message back to our nose, mouth, lungs and chest telling them to blow the tickle away. Then we SNEEZE...

RECIPE



Cauliflower Bites

Ingredients

- * Cooking spray
- * 4 c. cauliflower florets, steamed (about 1/2 large cauliflower)
- * 1 large egg, lightly beaten
- * 1 c. shredded cheddar
- * 1 c. Freshly grated Parmesan
- * 2/3 c. panko breadcrumbs
- * 2 tbsp. Freshly chopped chives
- * Kosher salt
- * Freshly ground black pepper
- * 1/2 c. ketchup
- * 2 tbsp. Sriracha

V Vegetarian

Method:

1. Preheat oven to 375°.
2. Grease a large baking sheet with cooking spray.
3. In a food processor, pulse steamed cauliflower until riced.
4. Place riced cauliflower on a clean kitchen towel and squeeze to drain water.
5. Transfer cauliflower to a large bowl with egg, cheddar, Parmesan, Panko, and chives and mix until combined. Season with salt and pepper to taste.
6. Spoon about 1 tablespoon mixture and roll it into a tater-tot shape with your hands.
7. Place on prepared baking sheet and bake for 15 to 20 minutes, until tots are golden.
8. Meanwhile, make spicy ketchup: Combine ketchup and Sriracha in a small serving bowl and stir to combine.
9. Serve warm cauliflower tots with spicy ketchup.

QUIZ QUESTION



? If you have a cold and cough, should you...

- ☐ Run and jump around
- ☐ Take a hot shower
- ☐ Relax and rest



Email me your answer - each correct one will be entered into a prize draw for a chance to win these fabulous Freddy Fit trading cards!

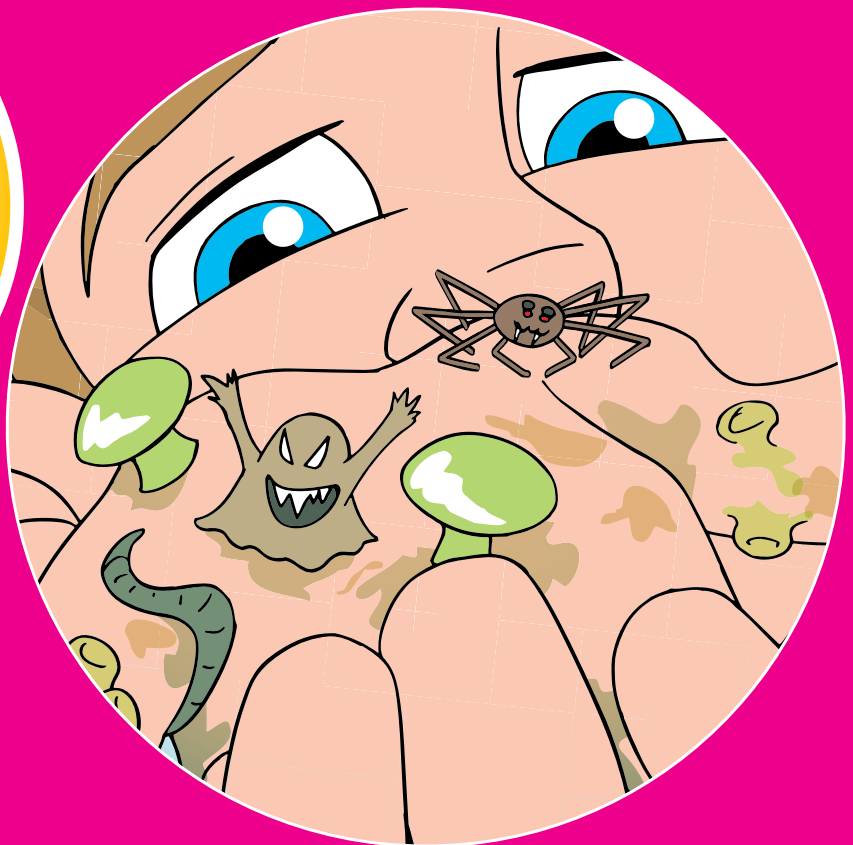
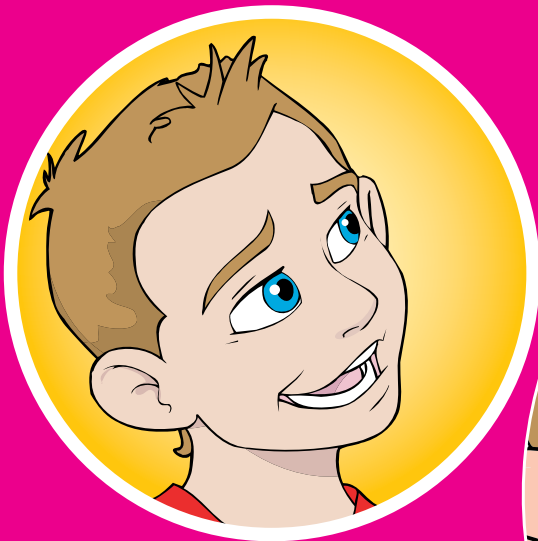


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AN AMAZING FACT !



1. Most grown-ups have two to four colds a year; children can easily get six to 10.
2. More than 200 viruses are responsible for the cold.
3. A single cold virus can have 16 million offspring within the course of a day.



COLOURING PAGE



On the next page is a black and white version of this Fabulous Freddy Fit picture for you to colour yourself!



Print and colour the page then send me a photo or email me your finished art - each one will be entered into a prize draw for a chance to win these Fabulous Freddy Fit trading cards!

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8 hours sleep

