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Freddy Fit[®]

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

EXERCISE OF THE DAY



**FIT
TIP**

STRETCH



- RELAX WHEN STRETCHING
- DON'T PULL HAND, JUST UNTIL YOU FEEL TENSION

HOLD FOR 10 SECONDS

HEALTH TIP



✓ Being Safe In The Kitchen

It's great fun learning how to cook. But before attempting to cook anything by yourself, you should always ask permission from a parent. If you need to use the oven, microwave, sharp knives or boiling water you must always ask an adult to help you. Not only will they be on hand to help you with any tricky bits, but you might even be able to get them doing the washing up!

Here's a few dos and don'ts to make sure your time in the kitchen is a recipe for success.



✓ DO wash your hands well before handling any food and after touching any raw meat.

✓ DO ask permission to use the kitchen from your parents or a responsible adult.

✓ DO roll your sleeves up and tie long hair back.

✓ DO use clean, separate chopping boards for vegetables, raw meat and cooked meat to avoid germs being transferred.

✓ DO tidy up as you go along. A clean kitchen is a safer kitchen.

✗ DON'T use the oven, microwave or other electrical appliances without help from an adult.

✗ DON'T attempt to use sharp knives or scissors yourself. Always ask an adult.

✗ DON'T carrying or pour hot liquids yourself without help from an adult.

✗ DON'T put anything metal such as spoons or foil in the microwave as it may cause a fire.

✗ DON'T leave cooking food unattended – Use a timer so you don't forget to take the food out.

RECIPE



Time:
10
minutes

Simple Fruit Salad

- * A handful of strawberries
- * 1 slice of melon
- * A handful of grapes
- * A handful of blueberries
- * 1 apple

V Vegetarian

A fruit salad is the perfect desert or daytime snack. Fat free, juicy, sweet and extremely healthy.

Generally, people who eat more fruit are less likely to develop diseases such as diabetes, heart disease, Alzheimer's and cancer.

Fruit provides your body with all the nutrients it needs to fight infections and repair cells, so make sure you eat lots!

Method:

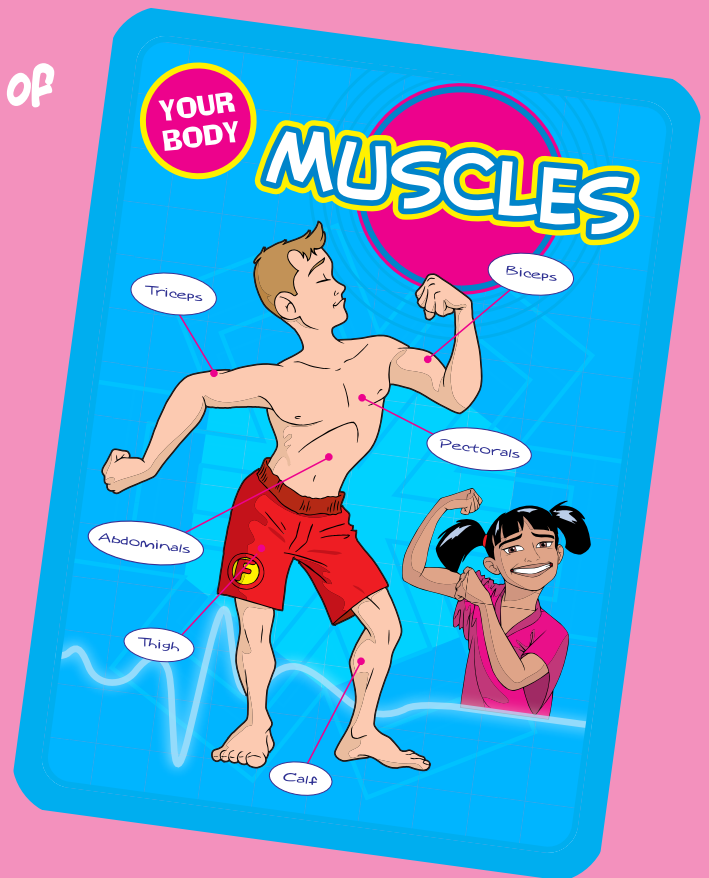
1. Slice the melon, strawberries and apple into small, bite size pieces.
2. When cutting the apple make sure you get rid of the seeds and core. Similarly make sure you get rid of the strawberry stalks and melon skin.
3. Take your chopped fruit, grapes and blueberries and mix in a bowl.
4. You can add a squeeze of honey to sweeten the salad if you like.

QUIZ QUESTION



? Why should you tidy up as you go when in the kitchen?

- ☐ Because you'll have loads of cleaning to do at the end
- ☐ Because otherwise your parents will get cross
- ☐ Because a clean kitchen is a safe kitchen



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!

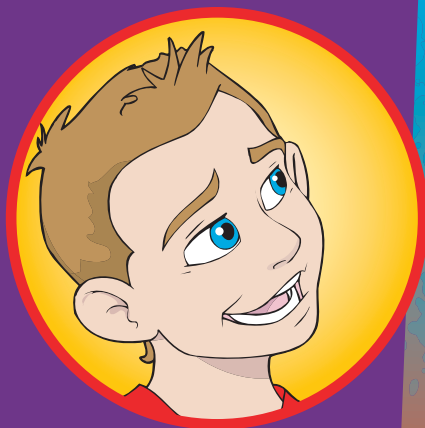


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AN AMAZING FACT!



If they were laid end to end, all of the blood vessels in the human body would encircle the Earth... twice!

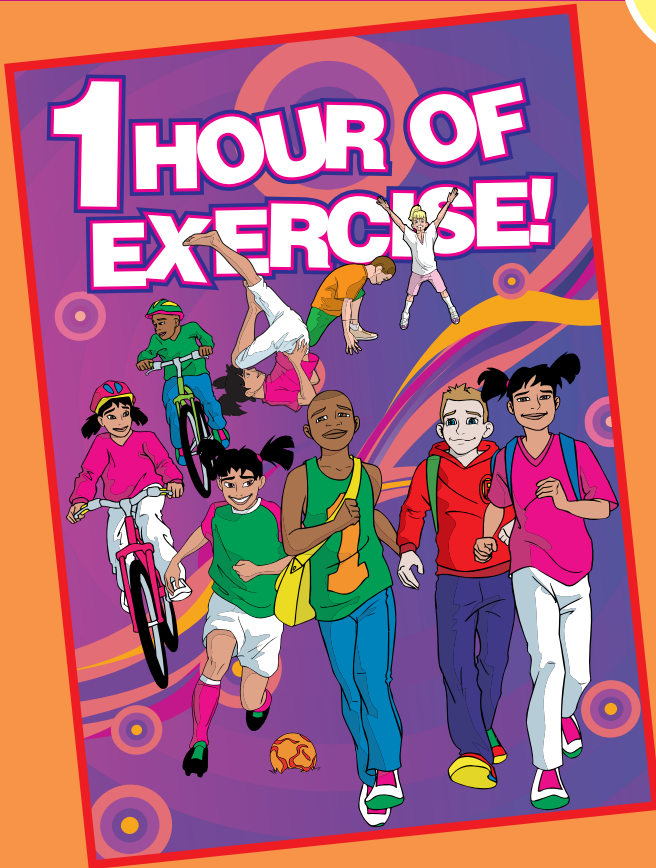


THE HEART AND VEINS



Every day, your heart beats about 100,000 times, sending 2,000 litres of blood surging through your body. The heart is no bigger than your fist. The heart pumps blood through 60,000 miles of blood vessels. You must eat well and exercise to look after your heart.

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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1 HOUR OF EXERCISE!

