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Freddy Fit[®]

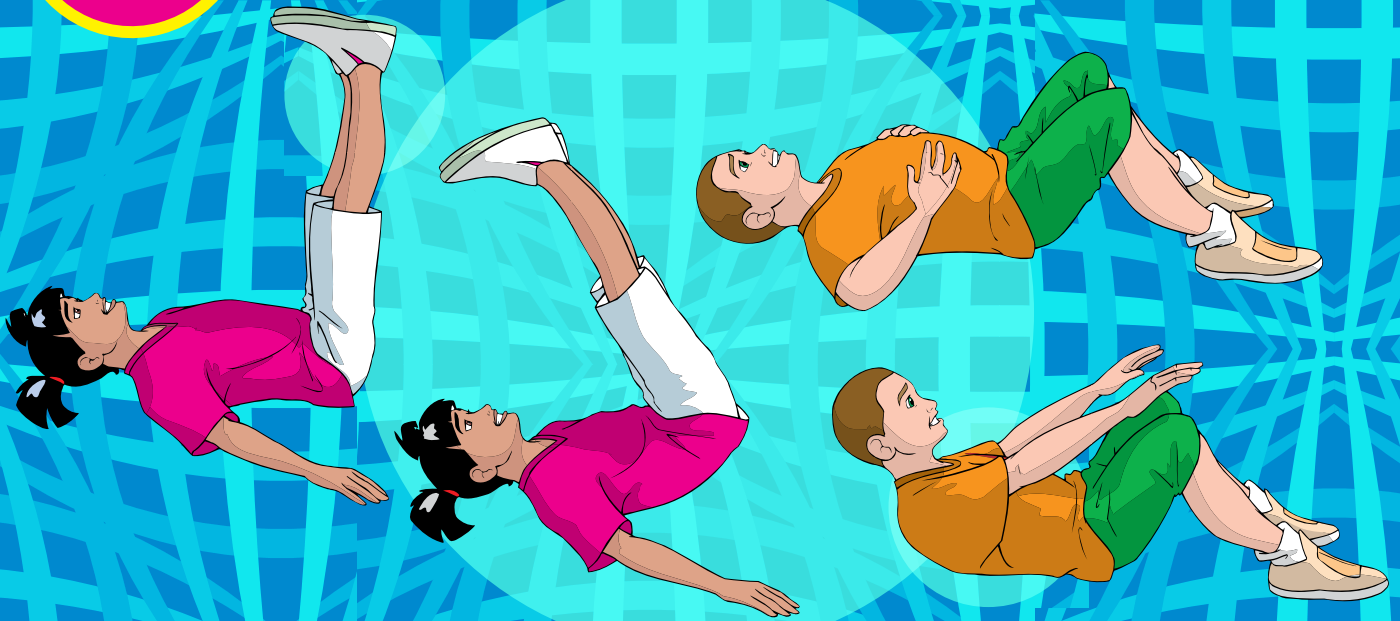
EXERCISE OF THE DAY ★ HEALTH TIPS ★
COLOURING PAGES ★ RECIPES ★ QUIZ QUESTIONS

EXERCISE OF THE DAY



**FIT
TIP**

TUMMY CRUNCH



- KEEP YOUR BACK ON THE FLOOR
- SQUEEZE EACH TIME

HOLD FOR 3SECONDS

HEALTH TIP



✓ Protect Against Harmful Germs

What do coughs, colds, stomach bugs all have in common?

They are all caused by tiny living organisms we call germs. Germs are so small you can only see them with a microscope. But for such tiny things they can cause a lot of trouble.

From kitchen work tops and toilet seats to door knobs and our pets - germs really are everywhere! Germs usually try to invade our bodies where they can get the nutrients they need to multiply and produce their toxins. It's these toxins that cause us to get ill.

Luckily for us not all germs are bad. We have our own army of microscopic organisms that live in our bodies and on our skin. Its job is to fight off bad germs and keep us healthy.

There are also a few things we can do to help stop the spread of germs too.

Germs HATE Soap and Water

In fact washing your hands properly and regularly is the single most effective way of killing germs. Make sure you wash your hands:

- ✓ Before eating.
- ✓ Before and after preparing food.
- ✓ After going to the toilet.
- ✓ After touching animals or pets.
- ✓ After playing outside.
- ✓ Before and after visiting ill people.

Coughs and Sneezes Spread Diseases

Germs just love to travel about in coughs and sneezes. If you are unlucky enough to get a cold or illness there are a few things you can do to stop those germs infecting other people.

Cover your mouth and nose when you sneeze or cough.

Always use a tissue and make sure you throw your used tissues in a bin.

Wash your hands regularly to kill any germs on your hands.



RECIPE



Time:
35
minutes

Mini Pizza Bites

- * 290g pack pizza base mix
- * 100ml warm water
- * 150g ball of mozzarella, drained and cut into 10 cubes
- * 10 slices of fresh tomato
- * Olive oil
- * Black pepper

V Vegetarian

Pizza is yummy, no doubt about it. So how about getting your mum to help you make 10 pizza bites?

They're great for snacks or as part of your lunch box for school.

You can even add toppings to the pizza, pepperoni, peppers, mushroom. Just use your imagination.

Method:

1. Preheat the oven to 200C/400F/ Gas 6.
2. Empty the pizza dough mix into a bowl, make a well in the centre, add the warm water then bring together, according to packet instructions, to make a soft dough.
3. Knead vigorously on a lightly floured surface for five minutes until smooth.
4. Pull off small balls of dough then roll out thinly to make 10 discs. Transfer the discs to two non-stick baking sheets.
5. Place 1 slice of tomato and a cube of mozzarella on each disc.
6. Drizzle with olive oil, season with black pepper and bake for 12 minutes until risen and golden.
7. Top each pizza with a basil leaf and serve. Best warm but also fine at room temperature.

QUIZ QUESTION

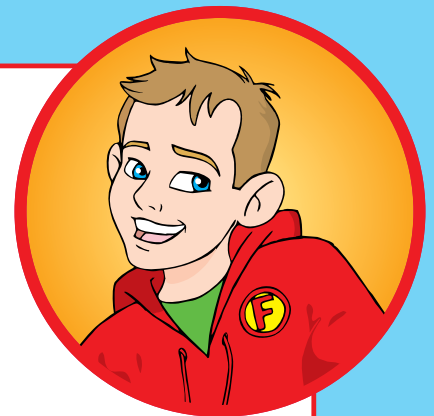


? When should you wash your hands with soap and water?

- ☐ After going to the toilet
- ☐ Before going to the toilet
- ☐ Never



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!



FFitcomp@outlook.com

COLOURING PAGE



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



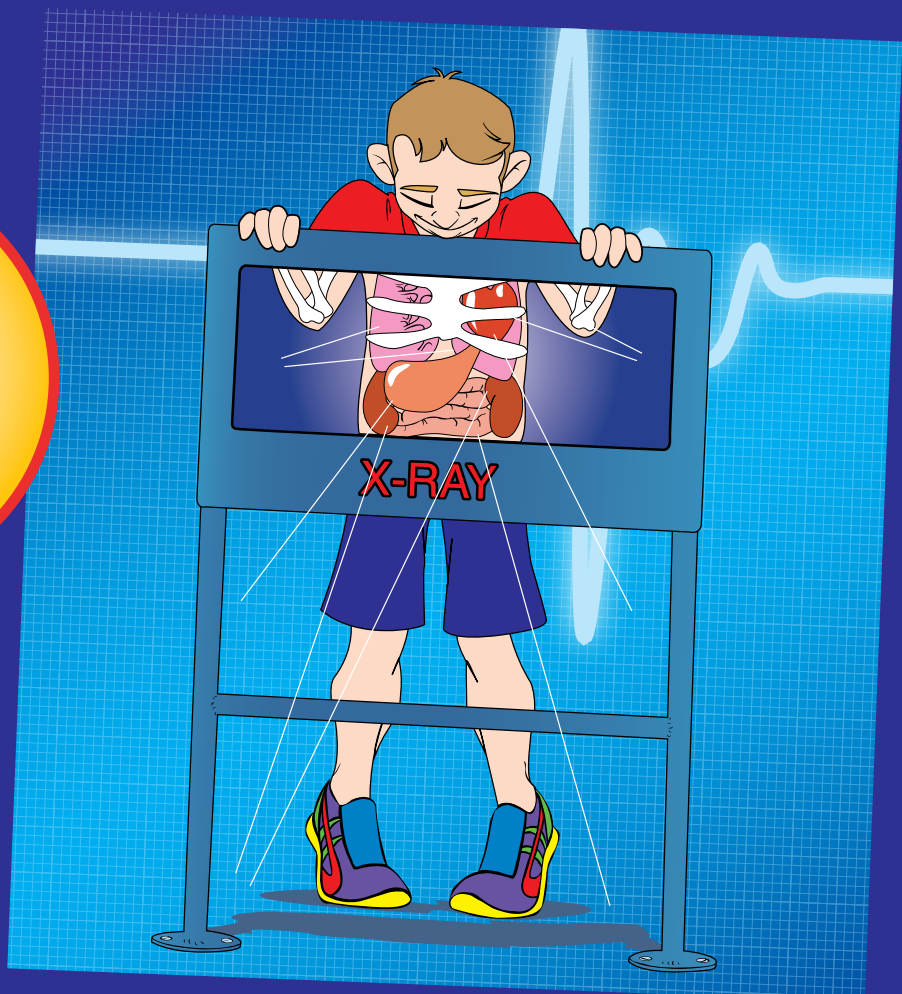
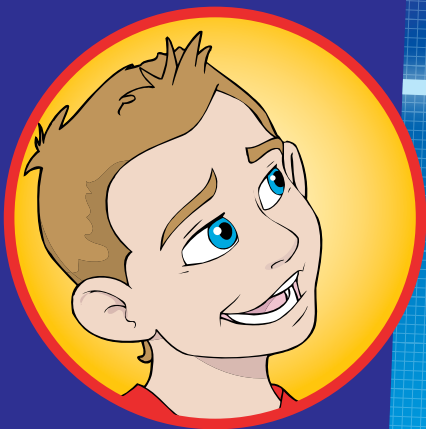
Print and colour the page then send me a photo or email me your finished art - each one will be entered into a prize draw for a chance to win these Fabulous Freddy Fit trading cards!

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AN AMAZING FACT !



1. Infants blink only once or twice in a minute while an adult blinks about 10 times every minute.
2. The ears and nose of humans continue to grow throughout the entire life.
3. A human heart beats about 100,000 times in a day, 365,00000 times in a year and over a billion times in 30 years.



PLAY!

TO GET FIT!

