

Hi, we are the Phunky Food Ambassadors, Alfie, Ryan S-B and Gabby. Before lockdown we took on the challenge of promoting healthy foods for our school. We learnt about all the different food groups that make a healthy lunch. These food groups are: Fruit and veg, carbs, dairy and protein. Here is a diagram to show all groups.



We took part in an assembly back in March to show the school healthy diets and unhealthy diets. Afterwards we had to complete a packed lunch audit and we were happy to see how many children had a healthy lunchbox in our school.



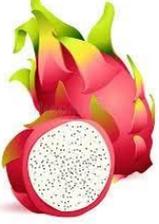
Below is a recipe we think you might like to try at home.



For now we hope you have a safe and healthy Christmas and a happy new year. We look forward to seeing you in 2021.

Best wishes, and stay safe.

Gabby, Alfie and Ryan S-B.



Fruitylicious Cereal Bars

Ingredients (makes 20):

- 140g wholegrain cereal hoops
 - 115g self-raising flour
 - 2 tsp baking powder
 - 85g dried fruit/berry mix
 - 2 tbsp muscovado sugar
 - 1 medium dessert apple, cored and chopped small
 - 150 ml semi-skimmed milk
 - 1 medium egg, beaten
 - 3 tbsp vegetable oil
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Method

Preheat the oven to 200C/Fan 180C/Gas Mark 6.

Line a 20cm x 25cm baking tin with parchment.

Place 100g of the wholegrain cereal hoops in a tray along with the flour, baking powder, cherry and sugar and apple and stir together until well combined.

Add the milk, egg and oil and briefly mix again.

Spoon into the prepared tin and spread evenly. Sprinkle over the remaining wholegrain cereal hoops and lightly press them into the mixture.

Bake for 25 minutes until golden and just firm. Leave to cool for a few minutes then lift out onto a cooling rack to cool completely.

Use a large knife to cut into 20 squares.

