

BE A GOOD SPORT!  BE A GOOD SPORT!  BE A GOOD SPORT!

BE A GOOD SPORT



SPORT RELIEF

SPORT!  BE A GOOD SPORT!  BE A GOOD SPORT!

BE A GOOD COOK!
YOUR TASK GUIDE



BE A GOOD COOK

Being good to your body includes moving more, and eating well. But who said healthy food has to be boring?!

Check out this fabulous

FRUIT JEWEL ICE LOLLY RECIPE

from our friends at Sainsbury's!

Ingredients:

- 175ml elderflower cordial
- 150ml cold water
- 75g any mixed fruit, such as small chunks of mango, blueberries or raspberries and halved grapes
- 4 lolly moulds (no moulds? You could use clean yoghurt pots or small plastic cups!)
- 4 lolly sticks (no sticks? You could use metal or sturdy straws or teaspoons!)

All the ingredients can be picked up at Sainsbury's.

Method:

1. Combine the cordial and cold water in a jug. Put some of the fruit at the bottom of each lolly mould and then carefully fill each with the liquid, so that they are one third full. Pop in the freezer and leave for around 2 hours or until completely frozen.
2. Remove the lolly moulds from the freezer. Put another layer of fruit on top of the frozen mixture and then top with more of the liquid until the moulds are just over half full. Put the moulds back in the freezer for about an hour.
3. Remove and add the last of the fruit, the remaining cordial and your lolly sticks. Put back in the freezer and leave for at least 4 hours or overnight.
4. Enjoy!



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INSPIRED?

To complete your 'Be a Good Cook' task:

Whether you're a master-chef or a sandwich superstar, this week's challenge is your chance to cook up a storm! Simply whip up the recipe above, or one of Sainsbury's other carefully selected recipes, record what you've done on your activity checklist (before you eat it!) and tick that box! ✓

Go on, Be a Good Sport!



If you're interested in cooking more, you can find additional recipes at:

WWW.SAINSBURYS.CO.UK/GOL-UI/RECIPES



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