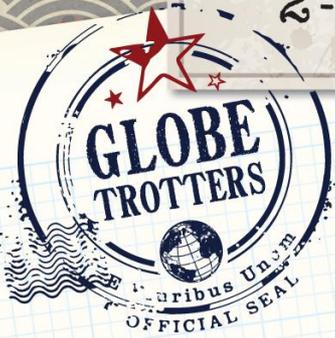


MOVE IT WEEK

2-8 JULY 2012

ASIA



Welcome to Asia

Get stuck in with one of our Asian-inspired games or fresh and spicy recipes.

What to play

Ounch Neech

Pakistani children love to play this game of tag in the colourful, bustling streets of their cities.

Players: 4 or more; ages 5 and up

What you'll need: An outdoor space with lots of obstacles like tree stumps, a slide, a swing, rocks, or sturdy benches.

How to play: The game begins with one child as 'it'. He or she says either 'ouch' (up) or 'neech' (down). If he says neech, then the ground is not safe – runners can be tagged unless they are up on something like a stump or a rock.

The opposite is true as well – if 'it' chooses ouch, then the ground is safe but places off the ground aren't. The first person tagged becomes 'it' for the next round of the game.

Grada Kha Dee-o

Confused? The name of this Thai game means 'one-legged rabbit' – play it to find out why.

Players: Four or more (ideal for younger children)

Want more Asian activity ideas?

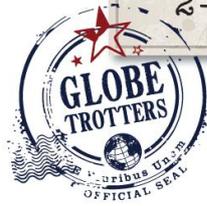
Try Tai Chi – a form of Chinese martial art that's healthy and helps you defend yourself. Do yoga to improve your mind and your body. It comes from India and is great for all levels of fitness.

What you'll need: An open space indoors or outdoors

How to play: Players are split into two groups, and one group becomes 'the rabbits'. The other group must stay inside a designated area. One at a time, the rabbits hop on one leg into the chosen area and try to tag the other players. If the players leave the area, they're out of the game. In addition, the rabbit can't put his or her other foot down. If all the players are tagged, the rabbits win.



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What to eat

FACT: People in Asia eat more rice than anywhere else in the world – the tropical climate there helps it grow.

Banana Rice Pudding

Lots of Asian people eat rice for breakfast, lunch and dinner – try it yourself with this yummy pudding.

Cooking time: 30 mins

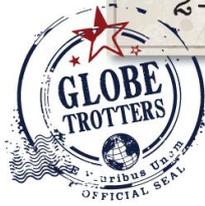
Serves: 2

- 100g brown rice – cooked
- 250ml low-fat milk
- One medium banana, cut into slices
- 400g can sliced peaches (or your favourite fruit)
- 125ml cup water
- 2 tbsp honey
- 1 tsp pure vanilla extract
- 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg

Directions

1. In a medium-sized saucepan, combine the banana and peach slices, water, honey, vanilla, cinnamon and nutmeg
2. Bring to a boil, reduce the heat, and simmer for 10 minutes, or until quite tender but not mushy
3. Add the rice and milk and mix thoroughly. Bring to a boil and simmer for 10 more minutes
4. Serve warm





FACT: The famous board game, chess, was invented in India.

Chicken curry

Try this easy version of a popular Indian curry – some recipes date back thousands of years!

Cooking time: 1-2 hours

Serves 2-4 (4 with chickpeas)

- 1 clove of garlic
- 1 tbsp olive or vegetable oil
- 2 onions
- 300g mushrooms
- 1 tbsp curry powder/paste (use more or less to taste)
- 1 diced apple
- 1 tbsp mango chutney
- 1 tin of chopped tomatoes
- 2-3 chicken breasts, cubed

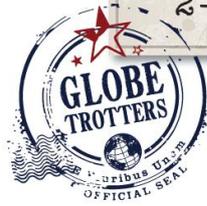
Directions

1. Chop the garlic, onions and mushrooms and fry gently in the olive oil in a large pan until soft
2. Add the chicken and curry powder/paste and cook for another couple of minutes until the chicken is no longer pink
3. Add the diced up apple, chutney and tinned tomatoes.
4. Simmer for 1-2 hours

Top tips:

- Use other chopped veg such as green pepper, sweet potato or carrots instead of (or as well as) the mushrooms
- Make it veggie – swap the chicken for chickpeas
- Add a tin of chickpeas for extra fibre and protein – it'll make the meal go further too





Sweet curry

Are curries usually too hot for you? Try this one – it's sweet, not too spicy and full of tasty veggies.

Cooking time: 45 mins

Serves: 4

- Dash of olive or rapeseed oil
- 2 slices of finely chopped onion
- 1 clove of crushed garlic
- Sprinkle of chopped coriander
- Generous pinch of cumin, ground coriander, garam masala and turmeric
- 1 cup of cooked rice
- 1 chicken breast cut into chunks
- A squirt of tomato purée
- 6 Small cauliflower florets
- A small handful of sultanas
- 1 small cup of whole milk
- 1 tsp corn flour (optional)
- Natural yoghurt

Directions

1. Pour a dash of sunflower oil into a saucepan and add diced onions
2. Add crushed garlic, chilli powder, and a generous pinch of ground cumin, ground coriander, garam masala and turmeric to the saucepan
3. Add the chunks of chicken, a large squirt of tomato puree, cauliflower, a small handful of sultanas and the milk, then simmer for about 10 minutes until tender
4. Add a cup of cooked rice and simmer for about 5 minutes or until everything is cooked through. If the mixture is too runny, mix cornflour with a splash of cold water and add to the saucepan whilst stirring
5. Serve with a spoonful of natural yogurt



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FACT: While we usually breakfast, lunch and dinner with the odd snack, Thai people eat four or five times a day.

Thai fishcakes

Transport yourself to Thailand with these tasty and traditional fishcakes.

Cooking time: 30 mins

Makes: 12 mini fishcakes

- 200g (7oz) 'ready to eat' smoked mackerel fillets, skinned and flaked
- 3 spring onions, sliced
- 2 tbsp fresh coriander, chopped
- 2 tbsp red Thai curry paste
- 2 tsp grated lime rind
- 1 tbsp lime juice
- Black pepper
- Flour, for dusting
- 1 fresh green chilli, seeded and chopped (optional – if you like it hot!)

Directions

1. Preheat the oven to 180°C/350F, Gas Mark 4
2. Blend all the ingredients (except the flour) in a food processor until finely mixed, or finely chop everything and mix up
3. Using lightly floured hands, divide the blended mixture into 12 pieces and shape into round cakes
4. Then refrigerate for 2 hours
5. Place cakes onto a lightly greased baking tray and bake for 20-25 minutes until crisp and golden
6. Serve with a reduced-salt chilli dipping sauce

Top tip: Add 200g mashed potato to the fish mixture to make bigger, more filling fishcakes.

