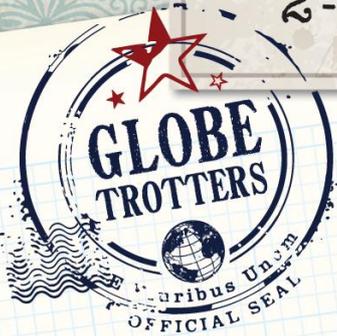


MOVE IT WEEK

2-8 JULY 2012

AUSTRALIA



Welcome to Australasia

Go down under by trying some fun activities and traditional recipes from the other side of the world.

What to play

The Kangaroo hop

Pretend you're a kangaroo in this aboriginal activity that's a twist on the traditional running race.

Players: Teams of 4-8 players

What you'll need: An indoor or outdoor space with lines about 10-15 metres apart, and some large balls (optional)

How to play: Set a distance for this jumping race depending on the age of the players. Players line up next to each other and all jump like kangaroos to the finish line – either with or without holding a ball between their legs. The course could also include an obstacle to jump over, or it could be winding instead of straight. Or why not make it a relay race?

KALQ

In this traditional Australian team game players use a bat or racquet to continuously hit a ball in the air

Players: 4-6 players

What you'll need: An indoor or outdoor space, tennis racquets and balls

How to play: Players each have a racquet and stand about 2-3 metres apart in a big circle. The aim of the game is to hit the ball around the circle without it hitting the ground and get as many hits in a row as possible. For younger children, it's easier if the ball is allowed to bounce on the ground between hits.

Travel tip

Follow these six simple steps to learn the traditional Maori 'Haka' dance from New Zealand:

<http://www.wikihow.com/Do-the-Haka>

Want more activity ideas?

With lots of islands in Australasia, swimming is popular – so head to your local leisure centre for a swim!

New Zealand is perfect for trekking – so imagine you're there and plan a hike in the hilly countryside.

Those Aussies love a sunny game of outdoor tennis – so team up with a friend and book a space at your local court.



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What to eat

FACT: Australia is the world's largest island.

BBQ corn on the cob

It's sunny all year round in Oz so it's no wonder they love a good BBQ. Why not try this popular corn on the cob recipe when the sun next comes out?

Cooking time: 15 mins

Serves: 4

- 4 sweet corn cobs
- 1oz unsalted butter (roughly a teaspoon for each cob)
- 1tsp lime juice
- 1tbsp chopped fresh coriander
- Freshly ground black pepper

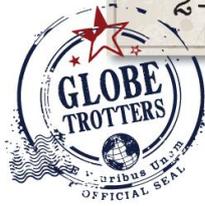
Directions

1. Place the cobs in a foil parcel on a pre-heated barbeque (or grill)
2. Cook for 12-15 minutes turning occasionally, until the sweetcorn is tender
3. Add butter, lime juice and black pepper to taste

Top tip: No BBQ? Cook it on the grill instead



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AUSTRALIA

FACT: Queensland is known by locals as the 'sunshine state.'

Queensland blue pumpkin soup

Pumpkins aren't just for Halloween – Aussies eat this traditional soup year-round to get their fill of vitamins, minerals and fibre.

Cooking time: 20 mins

Serves: 4

- 2 tbsps olive oil
- 2tbsps butter
- 1kg peeled chopped pumpkin
- 1 large chopped onion
- 500ml water
- 3 tbsp plain flour
- 250ml low fat milk
- 1 egg yolk

Directions

1. Cut the pumpkin into large cubes
2. Heat 2 tbsps olive oil in a heavy pan, add pumpkin and onion and fry for a few minutes with the lid on, stirring occasionally
3. Add water and simmer until the pumpkin is very tender.
4. Press through a sieve or puree in a blender with a little milk
5. Melt the butter and stir in flour. Gradually add the puree of pumpkin and the remaining milk, stirring constantly
6. Simmer for 4-5 minutes



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FACT: Australia is one of only two nations to have completed in every modern Summer Olympic Games

Aussie trifle

Try this delicious iconic Australian dessert on a sweet summer day.

Preparation time: 15 mins (plus one hour refrigeration)

Serves: 6

- 800g mixed berries (strawberries, raspberries, blueberries etc.)
- 3tbsps caster sugar
- 400ml low-fat vanilla custard
- Squirty reduced-fat cream
- 200g sponge fingers

Directions

1. Put the berries and sugar into a non-stick pan and let them heat gently until the fruit softens.
2. Transfer the berries into a bowl and leave them to completely cool.
3. Take a large bowl glass bowl and put a layer of sponge fingers at the bottom.
4. Pour half custard over the sponge fingers, and then add the cooled fruit.
5. Add the rest of the custard and then finish with a thin layer of squirty cream.



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