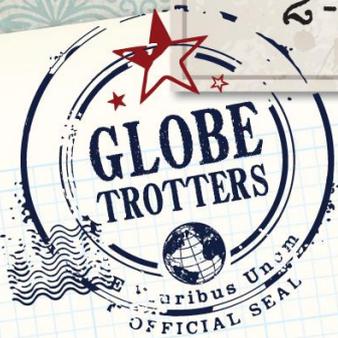


MOVE IT WEEK

2-8 JULY 2012



EUROPE



Welcome to Europe

You don't have to travel far to try these fun activities and tasty recipes.

What to play

Katz und maus (cat and mouse)

Wear yourself out by pretending you're a cat or mouse in this German twist on tag.

Players: 4 players up

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

How to play: Choose one player to be the cat. The other players become the mice. The cat waits while the mice count to ten and head away from him or her. Once they reach ten, the cat races to the mice to try and tag them. The first mouse caught becomes the new cat. This continues for as long as you like, or until everyone's had a go at being the cat.

Rounders

The English have been playing this game since the Tudors were in town and it's still popular today.

Players: Two teams of 9 players

What you'll need: A ball, a bat and bases (a pole usually made of wood or metal)

How to play: Two teams of nine players must try to score more rounders than the other in an innings.

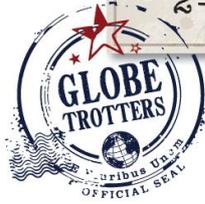
The fielding team will try to limit the rounders scored, and get players out if they can through bowling and fielding. The order of teams batting and fielding is decided by the toss of a coin. For full details of how to play rounders, visit: <http://www.playrounders.com/index.html>

Travel tip

Did you know that golf comes from Scotland? Practise your Scottish swing with the family at your local golf course.



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What to eat

FACT: Pizza is one of the very few words which is understood all over the world.

Vegetable pizza

The Italians sure know how to make pizza. And it doesn't have to be unhealthy either – with just a few tweaks and a colourful mix of veg, it's a tasty and healthy option.

Cooking time: 20 mins

Serves: 2

- 1 plain pizza base or 2 wholemeal pitta breads
- 200g can chopped tomatoes, juice drained
- A handful cherry tomatoes, halved
- 1 large courgette, thinly sliced using a peeler
- 25g mozzarella, torn into pieces
- 1 tsp capers in brine, drained
- 8 green olives, roughly chopped
- garlic clove, finely chopped
- tbs chopped parsley to serve

Directions

- 1 Heat oven to 240C/fan 220C/gas 9 or the highest setting
- 2 Spread the canned tomatoes over the base or pitta breads to within 2cm of the edges
- 3 Arrange the cherry tomatoes and courgettes over the top, then scatter with the mozzarella
- 4 Mix the capers, olives and garlic, then scatter over the top
- 5 Bake the pizza for 10-12 mins until crisp and golden around the edges (keep an eye on it to make sure it doesn't burn)
- 6 Scatter with the parsley to serve



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FACT: Greece is one of the oldest nations in Europe – it's 2,500 years old.

Greek salad

Go Greek with this summertime salad served with bread on the side. Those lucky Greeks may get to eat it by the sea, but close your eyes and the flavours will whisk you away.

Preparation time: 15 mins

Serves: 2 as a main meal or 4 as a side dish

- 4 big tomatoes cut into chunks
- 1 cucumber, peeled and chopped
- ½ red onion peeled and finely sliced
- A large handful of black or green olives
- 1 tsp dried oregano
- 100g reduced-fat feta cheese
- Crusty wholemeal bread and a dash of white wine vinegar or a squeeze of lemon juice.

Directions

1. Simply throw all ingredients into a bowl and mix them up
2. Pour a dash of white wine vinegar or squeeze half a lemon over it
3. Serve with crusty wholemeal bread





FACT: Portuguese is not just spoken in Portugal – it's also the official language of: Brazil, Angola, Cape Verde, Guinea Bissau, Equatorial Guinea, Mozambique, Sao Tome and Principe.

Portuguese sardines

The Portuguese love sardines – there's even a day in June dedicated to eating them. Plus they're packed with healthy fish oils so get grilling and find out why our pals in Portugal adore them.

Cooking time: 45 mins

Serves: 2

- medium-sized fresh sardines
- 2 baking potatoes (eg russets)
- 2 red bell peppers
- 1 tbsp olive oil
- 1 tbsp white wine vinegar
- 1/2 onion, thinly sliced
- 2 garlic cloves, thinly sliced
- Salt and white pepper

Directions

1. Preheat your grill and boil 2 potatoes until they're cooked (afterwards, drain them and cool).
2. Scale and gut the sardines (your fishmonger can do this). Wash them under cold, running water and pat dry with paper towels, then put them the fridge.
3. Meanwhile, grill 2 red bell peppers until they're charred. Put the hot peppers in a plastic bag to steam for about 20 minutes. Once cooled, take them out, peel the charred skin off and take the seeds out.
4. Cut the peppers into 3-inch strips and combine in a bowl with 1 tbsp of olive oil, 1 tbsp white wine vinegar, onion, and garlic. Season with pepper to taste.
5. Place the sardines on a hot grill. Cut potatoes in half lengthwise and place on the grill. When the sardines are done on the first side, flip them over.
6. Place 3 sardines on each plate with 2 potato halves and some red pepper salad. For decoration and extra flavour, sprinkle thinly sliced onions and garlic over the sardines.

Top tip: Hot sunny day? Grill them on the BBQ instead and imagine...

