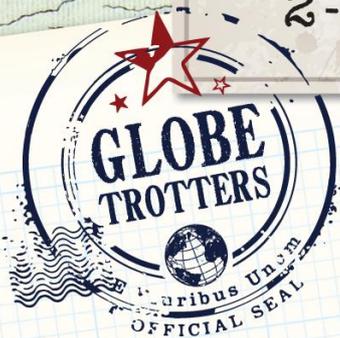


MOVE IT WEEK

2-8 JULY 2012

NORTH AMERICA



Welcome to North America

Our friends over the pond are to thank for lots of healthy stuff – including popcorn, Frisbee and dodgeball – so let's give them a shot.

What to play

1. Dodgeball

This crazy game is so fun they've even made a film out of it!

Players: 10 players or more, ages 4 and up

What you'll need: A large outdoor space and one big beach ball

How to play: Divide the players into two teams. One team makes a big circle and the other team stands inside the circle. The players in the circle throw the ball at the players inside the circle who are running around trying not to get hit. Only players in the circle may throw and catch the ball. Players who get hit join the circle and help them try to hit the players remaining inside. For more information, check out this illustrated video on how to play the game:

<http://www.youtube.com/watch?v=MX7zAaGUpYU>

2. Ultimate Frisbee

This is a little bit like football... but with a Frisbee!

Players: Two teams of 4 players, ages 10 and up

What you'll need: A large outdoor space and a Frisbee

How to play: Take it in turns to play a game of Frisbee. You may wish to run a mini tournament depending on the amount of players you have. For a step-by-step guide on how to play Ultimate Frisbee visit: www.wikihow.com/Play-Ultimate-Frisbee

Travel tip

Lacrosse is a popular team sport in America. Why not team up with a local club as part of your Move It Week event?

Want more activity ideas?

If you're lucky enough to live near a beach, why not try surfing out? It's a popular sport in North America

Organise a game of American football or baseball in your local park

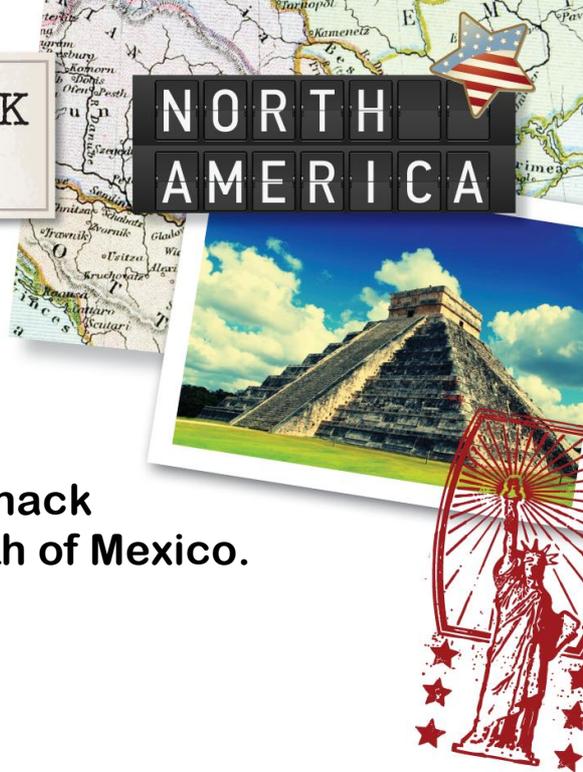
Book a court out and get your friends to join you for a game of basketball



MOVE IT WEEK
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NORTH
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What to eat

FACT: Fried grasshoppers are a favourite snack for the people of Oaxaca, a state in the South of Mexico.

Recipe 1: Healthy vegetable tacos and guacamole

This tasty taco and guacamole recipe comes from Mexico. It's healthy and fun to make with the kids too.

Cooking time: 30 mins

Serves: 6

For the vegetable tacos:

- 1 onion
- 1 medium carrot
- 1 garlic clove
- 2 tbsp olive or rapeseed oil
- Pepper
- Pinch cayenne pepper
- ½ tsp mild chilli powder
- ½ tsp reduced-salt chilli sauce
- 400g tinned chopped tomatoes
- 400g tinned kidney beans
- 6 taco shells
- ½ lemon

Directions

1. Chop the onion, dice the carrot and crush the garlic
2. Heat the oil then cook the onion, carrot and garlic until soft.
3. Stir in the tomatoes, kidney beans and lemon juice. Season with pepper and stir in the cayenne, chilli sauce and chilli powder
4. Cook gently for 15 minutes or until the sauce has thickened
5. Stand the tacos on a baking sheet and warm in the oven for 3 minutes
6. Fill the shells with the vegetable mixture and top with guacamole.



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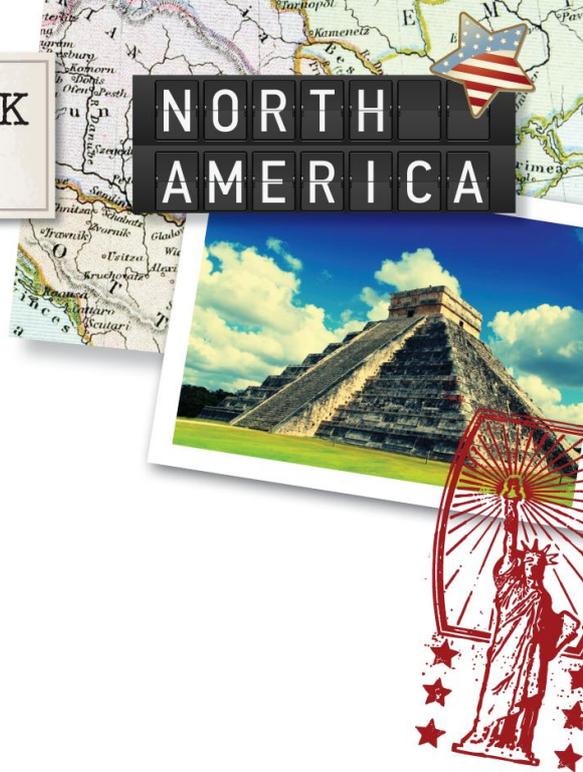
For the guacamole:

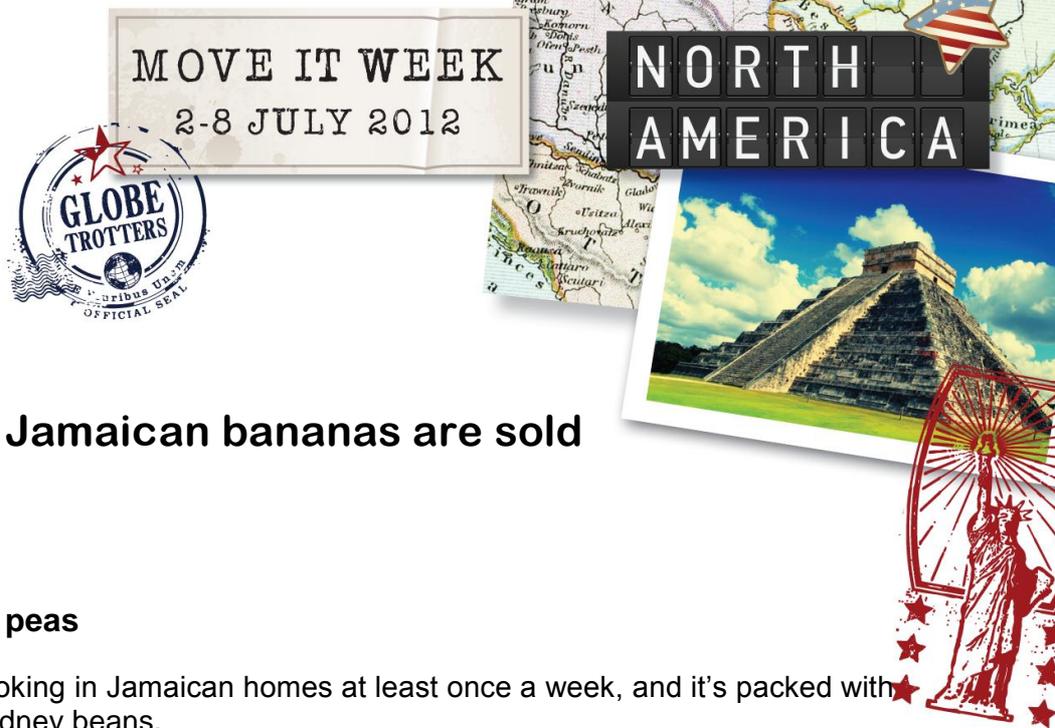
- 2 ripe avocados
- 1 ripe big tomato, de-seeded and chopped
- 1 clove of garlic, crushed or chopped
- 1/2 a small onion, finely chopped
- Chilli to taste (fresh or powder)
- Fresh coriander, chopped (to taste)
- Lemon or lime juice

Directions

1. Peel, de-stone and mash or roughly chop the avocados.
2. Add the tomato, a clove of garlic and the chopped onion. Then add some chilli (fresh or powdered), lemon or lime juice and coriander.

Top tip: You'll know your avocados are ripe if the top is soft to touch.





FACT: 45,000 tons of Jamaican bananas are sold in the UK every year.

Recipe 2: Jamaican rice and peas

You'll smell this delicious dish cooking in Jamaican homes at least once a week, and it's packed with healthy omega 3 from all those kidney beans.

Cooking time: 35 mins

Serves: 4

- 1 chopped onion
- 2 tbsp olive or rapeseed oil
- 1 red chilli, seeds removed and chopped
- 1 garlic clove, crushed
- 1 400g tin of reduced-fat coconut milk
- 1 400g tin of red kidney beans, drained
- 300g Basmati rice
- 400ml reduced-salt vegetable stock

Directions

1. Heat the oil in a large saucepan and cook the onion and garlic until soft
2. Add the chilli to the pan and stir
3. Add the rice, stir for few minutes and then add the half-fat coconut milk, and vegetable stock. Simmer for about 5 minutes.
4. Add the drained kidney beans and season with black pepper, and then cook on a low heat for 30 minutes
5. Serve piping hot

Top tip: Serve with cooked Basmati rice or cous cous





FACT: Popcorn kernels can pop up to 3 feet into the air.

Recipe 3: Popcorn

Popcorn was discovered thousands of years ago by Native Americans. It's fun to make and because it's wholegrain it can be a healthy snack too, especially if you make it yourself.

Cooking time: 3 mins

Serves: 4

- 1/2 cup of high quality popcorn kernels (try the international aisle at your supermarket)
- Brown paper bag

Directions

1. Pour the popping corn into the paper bag and fold it over twice
2. Place the bag on its side in your microwave
3. Cook on high for 2-3 minutes (this time will vary depending on your microwave). Do not leave the bag unattended.
4. Pour the popcorn into a bowl and enjoy!



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