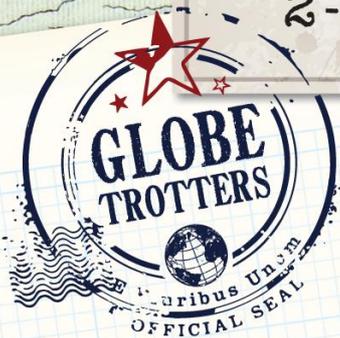


# MOVE IT WEEK

## 2-8 JULY 2012



## Welcome to South America

Get ready to rumba with these Latin-inspired activities and recipe ideas.

### What to play

**FACT:** There are over 1300 volcanoes in Chile and a number of them are still active.

#### 1. Corre, corre la guaraca (Run, Run, la guaraca)

La guaraca is actually a made-up word that doesn't mean anything – but that doesn't stop this game being popular with Chilean children who play it outside on the streets.

**Players:** 5 or more, ages 5 and up

**What you'll need:** A handkerchief

**How to play:** Players sit in a circle while a runner (*la guaraca*) jogs around the outside of it with a handkerchief. The other players are not allowed to watch.

The runner has to drop the handkerchief on one player's back very carefully, trying not to be felt. They then have to run away – and if they make it around the circle before the seated player realises that the handkerchief is on their back, the seated player is out.

If the seated player realises then they must run and tag the runner. If they succeed, the runner is out.

#### Travel tip

Zumba is very popular in the UK but it originally came all the way from Columbia. You could invite a Zumba coach to your Move It Week event or find a class running in your local area.



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**FACT: The highest point in South America is Cerro Aconagua in the Andes Mountains in the country of Argentina**

## 2. Beach volleyball

**Players:** 2 or more

**What you'll need:** An indoor or outdoor space, volleyball and a net

**How to play:** Take it in turns to play a friendly game. Or if you want to organise a tournament you can follow these six simple steps: <http://www.wikihow.com/Play-Volleyball>

### Want more activity ideas?

Try out a session of Brazilian Capoeira. It's a mixture of martial arts and dance that will really get you huffing and puffing.

Try your hand at the Argentine tango or Brazilian salsa.

Musical games are popular with kids in South America, so put some Latin music on and have a dance with friends!

South America is full of beautiful sandy beaches – perfect for volleyball. This game's great whether you're lucky enough to have a beach near you or whether you play it at the park.



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## What to eat

**FACT: In Brazil, Christmas is celebrated with fireworks.**

### Recipe 1: Veggie brazilian black bean stew

The small shiny black turtle bean is a staple food in Latin America and this popular and healthy stew will easily feed a large family, yum!

**Cooking time: 2 hours**

**Serves: 6**

- 1 tablespoon canola oil (or olive or rapeseed oil)
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 (about 450g) sweet potatoes, peeled and diced
- 1 large sweet red pepper, diced
- 2 400g cans chopped tomatoes in natural juice
- 1 small hot green chilli pepper, diced
- 125ml water
- 2 400g cans black beans, rinsed and drained
- 4 tbsp chopped fresh coriander

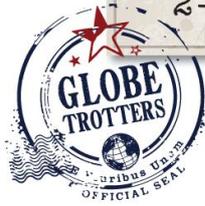
### Directions

1. Heat the oil in a large pot over medium heat, and cook the onion in the pot until tender.
2. Stir in garlic, and cook for 1 minute, then mix in the sweet potatoes, sweet pepper, tomatoes with juice, chilli pepper, and water.
3. Bring to a boil, reduce the heat to low, cover, and simmer 15 minutes, until the sweet potatoes are tender.
4. Stir the beans into the pot, and cook uncovered until heated through. Mix in the coriander, and season with salt.

**Top tip:** If you have any leftovers refrigerate them for healthy food on the go



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**FACT: The currency of Argentina is the Peso.**

### Recipe 2: Chimchurri sauce

This tasty Argentinean marinade will definitely add a zing to any meat, fish or vegetable dish you make. Experiment with the ingredients until you find the perfect combination.

**Preparation time: 15 mins**

- Serves: 4 people plus
- 2 handfuls of fresh parsley or coriander
- 4 tbsp fresh oregano leaves
- 3-6 cloves of garlic
- 2 tbsp finely chopped onion
- 4tbsp olive oil
- 2 tbsp red wine vinegar
- 1 tablespoon lime juice

### Directions

1. Finely chop garlic and onion and mix up (or pulse in a food processor)
2. Finely chop (or pulse) the parsley or coriander and oregano.
3. Add the mixtures together and add the olive oil, lime juice and vinegar, and stir.
4. Store in the refrigerator until ready to serve.



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**FACT: South America is home to the Amazon rainforest – the largest rainforest in the world.**

### Recipe 3: Quinoa salad

Quinoa is a grain that's grown in South America and is full of fibre, protein and other nutrients. Simply toss it into a salad for a healthy lunch.

**Cooking time: 30 mins**

**Serves: 4**

- 1 cup quinoa
- 1 1/2 cups cold water
- 1/4 tsp salt
- 1 cup of peas, celery, or green beans
- 2 small carrots, peeled and sliced thin
- 1/2 green or red pepper, sliced thin
- 1 medium ripe tomato
- 1 medium cucumber, peeled and diced
- 1/4 cup chopped fresh parsley, coriander or basil

### Directions

1. Soak the quinoa for 5 minutes in cold water and rinse thoroughly twice
2. Place in pan with the water and salt and cover and bring to a full boil, then turn the heat to low, and cook for 15 minutes
3. Remove from heat and set aside to cool
4. Steam the carrots and green veg for 5 minutes or until tender, drain, rinse in cold water and drain again
5. Chop the tomatoes, herbs and cucumber
6. Gently combine veggies and quinoa in a large bowl
7. Cover and chill, or serve immediately



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