

How many of these challenges can you do during Nutrition and Hydration Week?

Have 3 different colours in your meal today



Try a meal from a different culture such as Italian, Mexican or Asian



Play a food related game such as food for thought or food bingo (downloadable)



Make a strawberry milkshake

Celebrate with afternoon tea in the garden on a sunny day



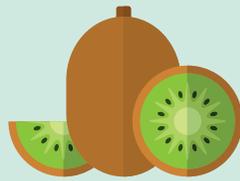
Make a smoothie



Go for a short walk before meal time to increase appetite



Use a herb or a spice that you have not used before



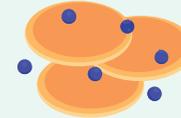
Try an exotic fruit such as kiwi, mango or dragon fruit

Make 'fancy water*' and sip it through the day



Plant something edible in a plant pot

Good morning! Try something different for breakfast like pancakes and fruit or fruity porridge



Tea time! Try a different type of bean like black beans or kidney beans in your recipes

Get ready for bed with a hot milky drink



Cupcake day! Make or decorate a cupcake and enjoy!



Drink an iced coffee or tea on a sunny day

Go meat free for a day



Make ice lollies whatever the weather!

Give peas a chance! Make your own pea soup.



Watch a cooking demonstration and try out the recipe

Make a picnic (weather permitting)



*Fancy water = fresh fruit and mint infused water. Try fresh berries, cucumber lemon or mint