



pladis

McVitie's Tasties Biggest Virtual Afternoon Tea Challenge Activities pack



Join our mission to host the nation's
**Biggest Virtual
Afternoon Tea Party**
and be in for a chance of winning
a delicious biscuit hamper!

In association with



Tasty biscuits at a Tastie price.

Nutrition and Hydration Week is an annual event with a shared objective to highlight, promote and celebrate improvements to the provision of nutrition and hydration locally, nationally and globally.

Welcome to McVitie's Tasties Biggest Virtual Afternoon Tea Challenge, with Nutrition and Hydration Week.

Inside you'll find a variety of fun, exciting and tasty activities to keep you happy, active and entertained during Nutrition and Hydration Week (14 to 20 June) and beyond.

The highlight of every Nutrition and Hydration Week is the Global Tea Party. This year it will take place on the 16th of June and we've made it our mission to host the nation's Biggest Virtual Afternoon Tea Party! To find out how to get involved, turn to page 8.

Scott Snell, vice president sales, UK & Ireland pladis, says: "At pladis we promise happiness with every bite and to live that promise we're focusing our efforts on bringing more happiness to care homes and healthcare operators across the UK by making it our mission to host the nation's Biggest Afternoon Tea Party! This year, we are raising awareness of the importance of good nutrition and hydration whilst inciting some fun during a time when we need it most."



Andy Jones, Nutrition & Hydration Week says: "We are excited to be working together with pladis to create the UK's biggest virtual afternoon tea party. Nutrition & Hydration Week aims to create energy, focus and fun to highlight and educate people on the value of food and drink in maintaining health and wellbeing in health and social care. The afternoon tea challenge is a great way to engage residents and patients – and to have a bit of fun."

Source: Mental Health Foundation Longitudinal Study, April 2020

Tasties teasers Afternoon Tea word search



NAPA (National Association for Providers of Activities for Older People) says wordsearch activities are great fun and can help with problem solving skills and spelling.

This Afternoon Tea themed word search would be good to do on a one to one basis. Talk to residents about the clues, it could be a good talking point.

You could enlarge this on a photocopier so that someone with poor eyesight can see it better.

N.B. You may need to help some people more than others – it's OK to do it together!

Afternoon Tea Wordsearch

T	I	E	C	I	U	J	T	W	I	T	N	R	M
W	J	S	E	I	T	I	V	C	M	W	A	M	C
I	O	C	S	T	E	S	T	O	C	V	E	C	R
F	T	E	E	M	W	O	B	W	O	W	B	A	E
B	M	R	I	U	A	O	I	A	M	E	E	T	A
O	A	A	T	R	T	E	I	E	N	A	E	E	M
U	N	S	S	T	E	E	V	I	I	F	N	O	T
R	S	C	A	E	R	F	N	I	I	T	B	I	R
B	A	O	T	A	T	F	E	O	E	E	U	E	A
O	W	N	U	I	I	O	U	N	W	R	I	C	I
N	N	E	J	E	I	C	A	T	F	B	E	T	S
I	T	B	E	A	J	O	M	M	R	N	E	B	E
N	C	T	U	S	E	A	E	T	E	T	E	S	A
C	F	R	I	J	A	M	N	B	U	O	S	C	T

- CREAM
- COFFEE
- JAM
- SCONE
- FRUIT
- MCVITIES
- BOURBON
- TASTIES
- TEA
- JUICE
- WATER



Tasties teasers

Make your own Afternoon Tea bunting



According to NAPA, activities that require cutting, drawing and colouring are great fun and can help maintain hand and finger strength. These activities can also support concentration and coordination, and remind people how creative they are.

Get everyone involved in decorating your communal area or individual rooms for your Afternoon Tea Party with homemade bunting.

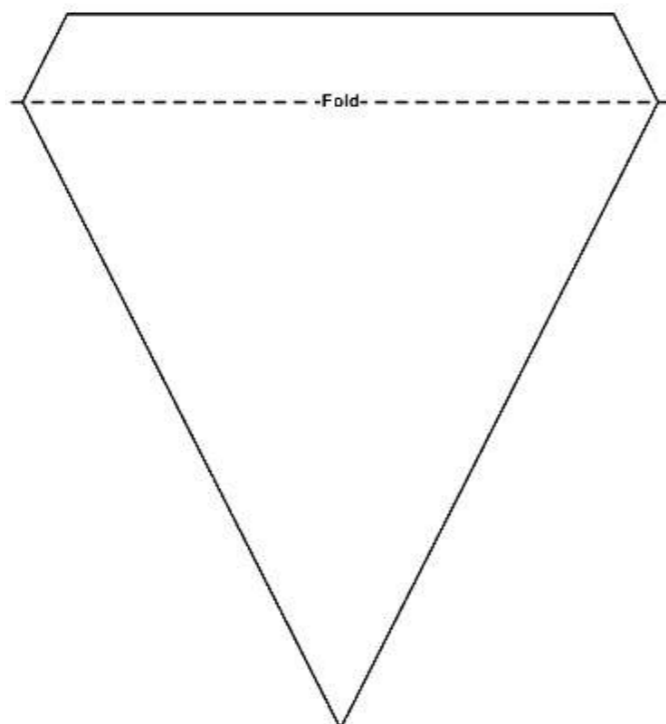
Print out several copies of the template below and decorate the triangles. Collect the decorated triangles.

Lay the string or ribbon flat and lay the decorated triangles on the string, fold over the string at the fold line and staple to keep in place.

Hang in an area for all to enjoy!

What you'll need:

- Several printed out templates
- String or ribbon
- Scissors
- Colouring pens/pencils
- Stapler



Tasties teasers

Afternoon Tea colouring sheet

Activities that involve colouring are great fun and can help to maintain hand and finger strength, says NAPA.

Print out this afternoon tea themed colouring sheet and encourage your residents to spend some time colouring, it is a relaxing activity which is known to reduce stress and anxiety.



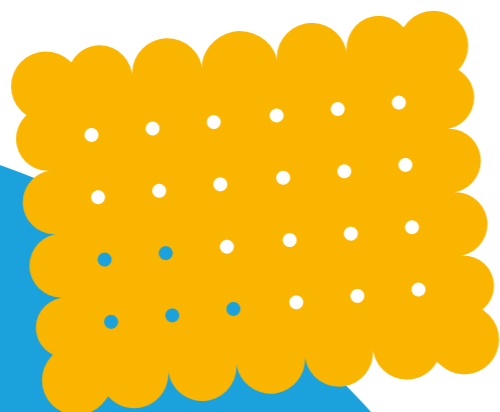
Tasties teasers

Afternoon Tea Menu Creation

At afternoon teatime, ask your residents to create their perfect Afternoon Tea Party menu including their favourite drink.

This can also be used as a conversation starter by reminiscing on some delicious memories!

We would love to hear how you get on, share your menus with us on Twitter at @pladis_f



Activities that involve writing and the imagination are great fun and can help people to think of new ideas and to process experiences and emotions. Always give people the opportunity to talk about how the experience has made them feel and listen and spend time with them.



Tasties teasers

Fruit anagrams

Unscramble the words below to reveal some of our favourite fruits! Fruit offers many health benefits, including fibre, vitamins and minerals, as well as contributing to hydration needs.

It's simple to get started, print off the worksheet and help residents write their answer in the spaces below. If it's easier, do one word at a time, write the letters on a large piece of paper or put on a big screen if you have one.



EACHP

REAP

PPALE

GENORA

HERRYC

ANANAB

WIKI

PINLEEAPP

NAGOM

NOMEL

McVitie's Tasties Biggest Virtual Afternoon Tea Party Challenge:



We are on a mission to host the nation's
Biggest Virtual Afternoon Tea Party!

For your chance to win
an exclusive pladis
biscuit hamper, here's
how to take part:

- 1.** Arrange an Afternoon Tea Party for your residents or patients on Wednesday 16 June – this can be as simple as an afternoon cuppa and a biscuit or you can make it into a show-stopping event.
- 2.** Email mcvities@williammurray.co.uk a photo of your afternoon tea along with your name, telephone number, name and address of your establishment and your details will be entered into our prize draw. Please provide your entry image by 22 June.
- 3.** Tag us on social media using the **#NHWEEK2021**
- 4.** We'll be back in touch to let you know if we've beaten the record and if you've won the prize draw!

Good luck!

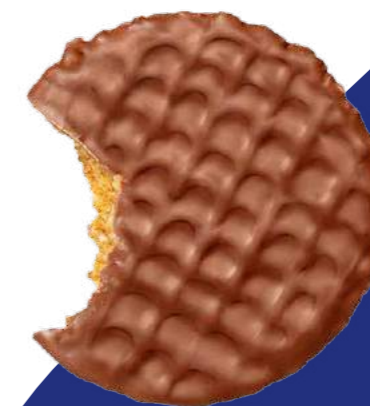


What you'll need:

- A hot cuppa or beverage of choice
- Some delicious McVitie's Tasties or snack of choice
- A camera (or smartphone) to take a snap to enter and share on Twitter



Tasty biscuits at a tasty price,
perfect for healthcare.



Answers to Tasties teasers



Afternoon Tea Wordsearch

T	I	E	C	I	U	J	T	W	I	T	N	R	M
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I	O	C	S	T	E	S	T	O	C	V	E	C	R
F	T	E	E	M	W	O	B	W	O	W	B	A	E
B	M	R	I	U	A	O	I	A	M	E	E	T	A
O	A	A	T	R	T	E	I	E	N	A	E	E	M
U	N	S	S	T	E	E	V	I	I	F	N	O	T
R	S	C	A	E	R	F	N	I	I	T	B	I	R
B	A	O	T	A	T	F	E	O	E	E	U	E	A
O	W	N	U	I	O	U	N	W	R	I	C	I	
N	N	E	J	E	I	C	A	T	F	B	E	T	S
I	T	B	E	A	J	O	M	M	R	N	E	B	E
N	C	T	U	S	E	A	E	T	E	T	E	S	A
C	F	R	I	J	A	M	N	B	U	O	S	C	T

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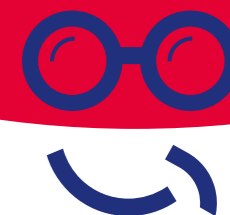
Fruit anagrams answers:

- PEACH
- PEAR
- APPLE
- ORANGE
- CHERRY

- BANANA
- KIWI
- PINEAPPLE
- MANGO
- LEMON



About pladis



pladis is one of the world's leading snacking companies and home to beloved brands including McVitie's and Ulker. pladis is also proud to distribute a range of GODIVA chocolates exclusively for consumer-packaged goods channels around the world.

pladis owns regional brands such as Jacob's, go ahead!, Carr's, Flipz, BN, Verkade and many more, delighting consumers with products across the snacking category including sweet and savoury biscuits, wafer, cake, chocolate, gum and candy.

Formed in 2016 with a promise to bring happiness to the world with every bite, pladis is the proud steward of more than 300 years' baking and confectionery heritage. The expertise of its more than 16,000-strong global workforce spans 25 factories in 11 countries.

As a responsible business, delivering the highest quality products and exceptional service, pladis' products are distributed to reach potentially 4 billion people across the world.

All pladis' plastic wrappers in the UK & Ireland can be recycled through its partnership with TerraCycle. Consumers can find their nearest drop-off point at TerraCycle.co.uk.

All pladis products can be enjoyed as part of a healthy, balanced diet. For information, visit <http://www.123healthybalance.com/>



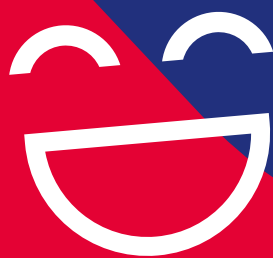
Nutrition and Hydration Week

Nutrition and Hydration Week has taken place every year since 2012.

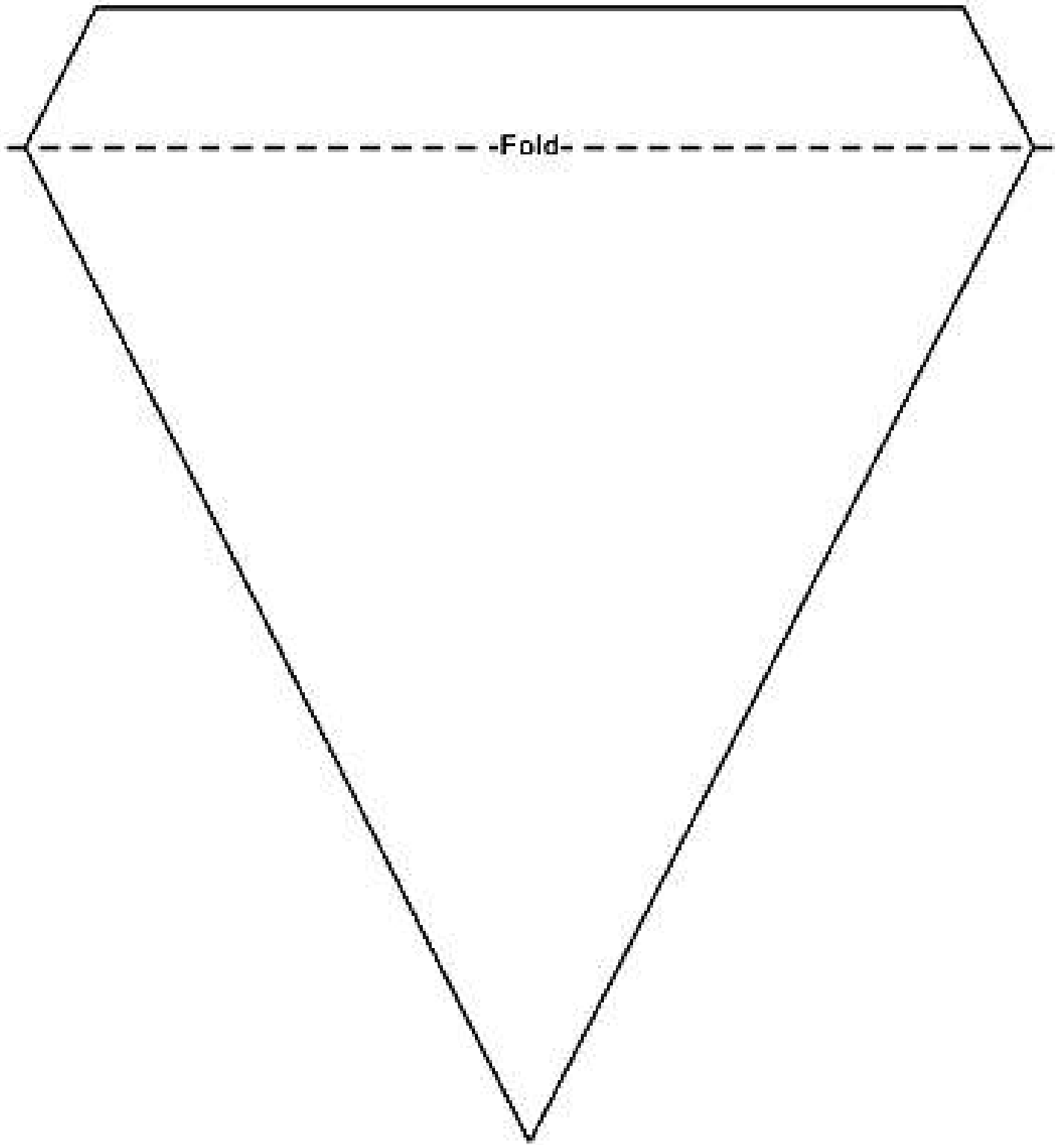
Its purpose is to bring people together to create energy, focus and fun in order to highlight and educate people on the value of food and drink in maintaining health and well being in health and social care.

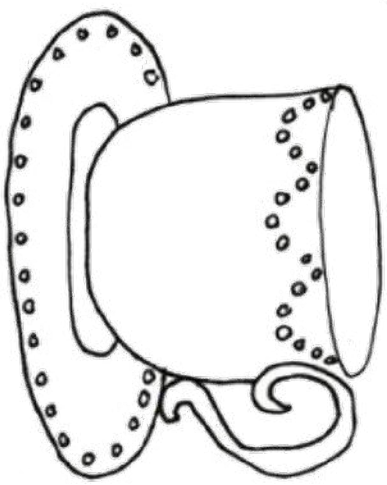
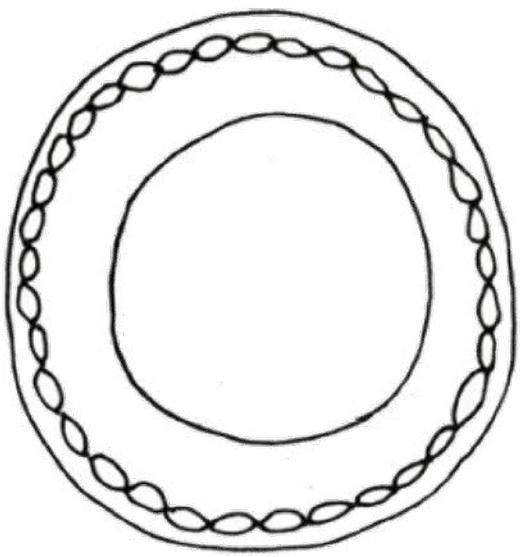
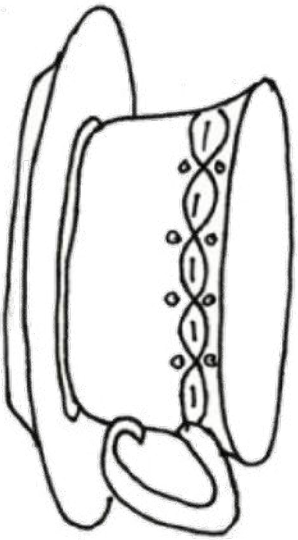
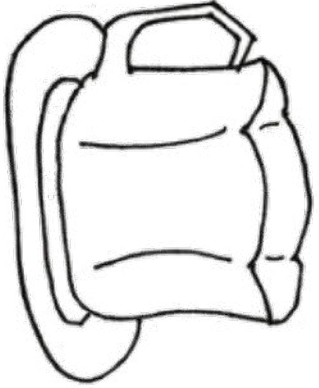
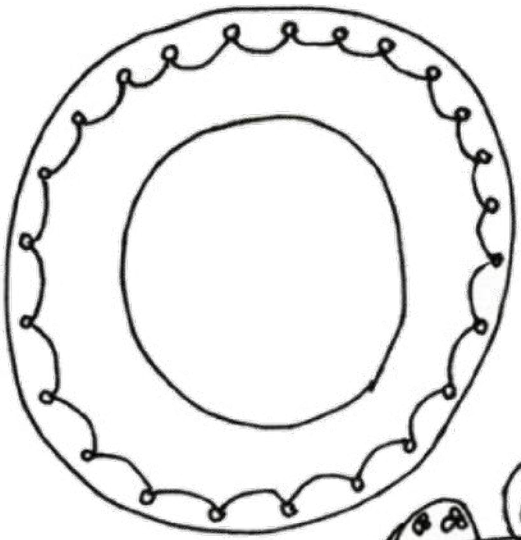
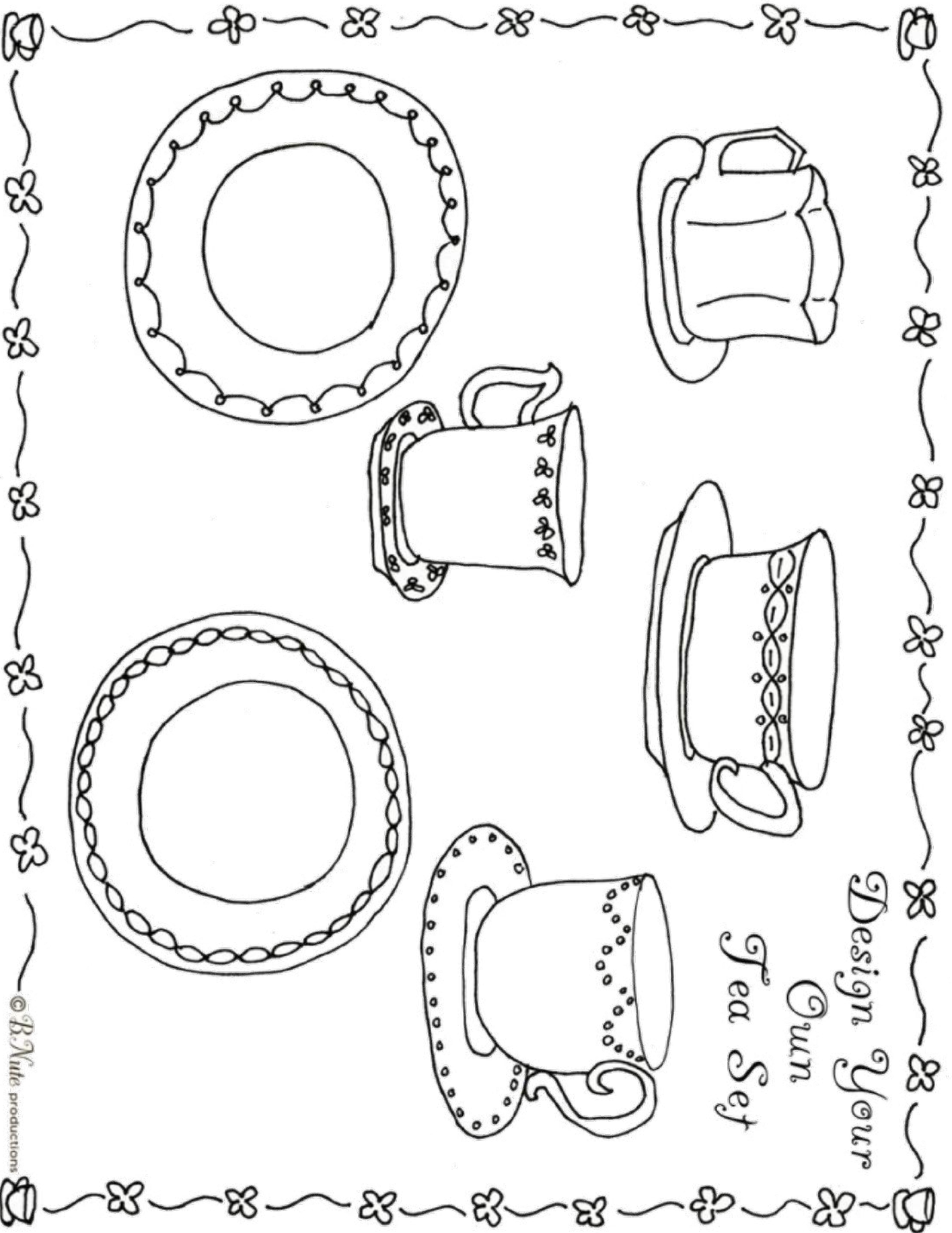
Organisations from around the world and from all areas of health and social care take part and new organisations are welcome to join in the fun.

- nutritionandhydrationweek.co.uk
- nhweek@yahoo.co.uk
- twitter.com/NHWeek
- www.facebook.com/NHWeek/



Open to registered residential care homes and health care centres operating in the UK. 18+. Opens 20/04/2021 Closes 22/06/21. Afternoon tea should be held on 16/06/21. Max one entry per establishment only. No purchase necessary. Visit <https://nutritionandhydrationweek.co.uk/> for full terms and conditions and privacy notice. Promoter: United Biscuits (UK) Ltd trading as pladis, Hayes Park, Hayes End Road, Hayes, UB4 8EE.





Design Your
Own
Tea Set