

# Festive Fun and Food

Christmas is fast approaching, a time of frenzied shopping, summer holidays and often over indulgence in Christmas fare! It can also be a time of great opportunity for doing some family activities together and making the most of summer fruits and vegetables. Keep some of the following ideas in mind in the holidays:

- Balloon Hackey! This is a great game for young children to join in with. Keep a balloon up in the air by tapping it with different parts of the body – elbows, knees, head, toes, shoulder, hands nose etc. The aim is to keep the balloon off the floor as long as possible.
- Balloon Volley! Set up two solid chairs with a piece of string tied between them to make a net. Hit the balloon with both hands to make it go over the string. Someone on the other side hits it back. Keep the balloon going back and forwards without letting it touch the ground.
- A Nature Treasure Hunt – Draw a range of different pictures of shapes or nature objects on a piece of paper eg leaf, stick, flower, stone. Get children to go on a hunt in search of all the objects/shapes. You can set a time limit for older children.

At Christmas it is also a great idea to keep activity in mind when buying children's gifts

- Choose activity based presents such as a Frisbee, skipping rope, sports balls, scooter, bicycle, hula-hoop, hackey sack or cricket set
- Other presents that entice children away from the computer or the TV and it's advertising of high fat/sugar foods are a good idea too, such as card games, craft making etc.

Make the most of summer with some healthy summer snack ideas:

- Berry fruit smoothie – blend strawberries/raspberries with green top or light blue top milk and a little ice-cream or yoghurt.
- Let children dip seasonal fruit such as berries, grapes, melon, banana, chopped apple etc. into custard or yoghurt.
- Make up a special fruit and goodies platter for children with watermelon, grapes, strawberries, popcorn and marshmallows.
- Try freezing fruit yoghurt to make homemade popsicles.
- Chocolate dipped strawberries are a delicious treat at Christmas. Children love to help make them!!!
- Making ice cubes with a grape or small wedge of lemon or orange in them can add interest to drinks of water!
- For family snacks try to find alternatives for chippies and other fatty snacks. Pita or Naan bread with a little crushed garlic and salt, crisped under the grill and cut up makes a delicious alternative to serve with or without a dip!!

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## Healthy Nibbles for Tots

Nutrition and physical activity Information for Under 5s

For more information visit: [www.cph.co.nz](http://www.cph.co.nz)

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