



# Get set for summer fun with Aldi

**Free activities, recipes  
and games to see you  
through the holidays**



**GET SET**  
*eat to fresh*



**Summer activity booklet – perfect for ages 4-12!**

# Welcome to your **FREE Aldi holiday kit**

Summer is such an amazing time... as long as you have **lots of fun things to do**.

So, we've packed this activity booklet with lots of **great games, recipes and activities** just for you. And all with a little help from our friends over at Team GB.

Why not cook up a storm with some fresh and fruity ingredients, excite your taste buds with some new textures and flavours and let our Team GB champions inspire you to eat well and stay active all summer long. Who knows? Maybe you'll pick up a few fab food facts along the way.

And there's lots more where that came from. Our incredible team at Get Set to Eat Fresh has been working super hard to inspire millions of UK school children, like you, to **cook fresh healthy food through a whole range of activities and games**.

Ask an adult to help you discover more at [getseteatfresh.co.uk](http://getseteatfresh.co.uk)



## **Complete your own** A-Z of healthy eating and activity ideas

Use this healthy A-Z activity sheet to fill in a healthy food, sport or activity idea (e.g. A is for apple, or Z is for zoom around the park). If you want to, you can add a word for each letter and/or draw a picture for each. And why not think of a healthy recipe or serving suggestion for each?

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**GETSET**  
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# GET STUCK IN

## ACTIVITY SHEET

### HEALTHY A-Z

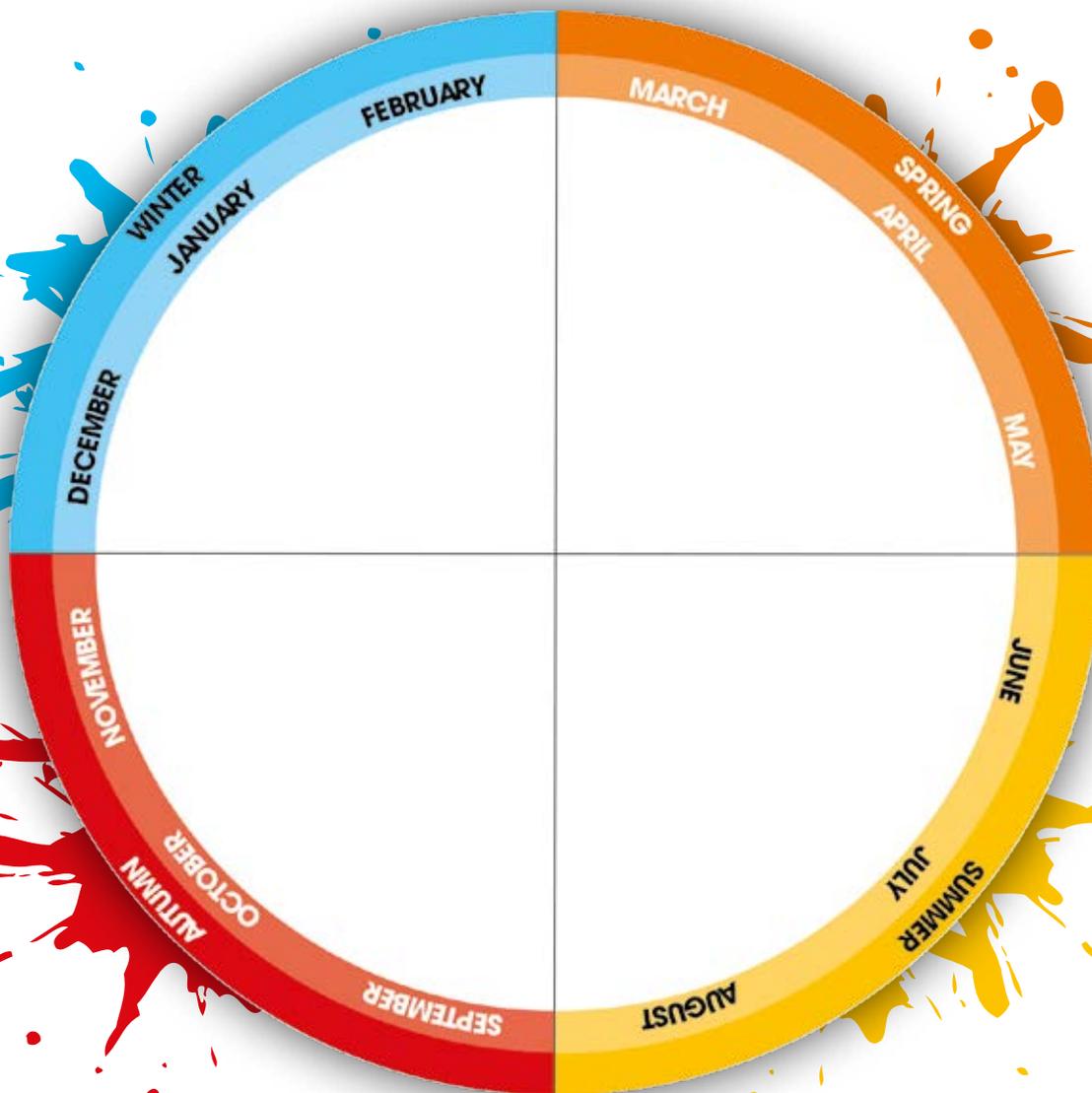
Complete your healthy A-Z by writing or drawing a healthy food, sport, action or active game for each letter. How many letters can you complete?

A		N	
B		O	
C		P	
D		Q	
E		R	
F		S	
G		T	
H		U	
I		V	
J		W	
K		X	
L		Y	
M		Z	

# Activity sheet

## Seasonality wheel

Match the foods below to the season or seasons in which they taste best. You can draw or write the fruit or vegetable in the correct section(s) of the wheel.



**Challenge:** Do your own research. What other fruits and vegetables are in season at different times of the year? Write or draw the fruits and vegetables you discover in the correct section(s) of your Seasonality Wheel.

Carrots



Asparagus



Lettuce



Cauliflower



Cherries



Raspberries



Brussels Sprouts



Cabbage



Strawberries



Rhubarb



Courgette



Red Cabbage



**Answers** – Carrots all year / Asparagus May to June / Lettuce May to Oct / Cauliflower, all year (best Spring and Autumn) / Cherries mid-June to mid-Sept / Raspberries mid-June to early Nov / Brussels sprouts Oct-March / Cabbage – various all year / Strawberries late May-Sept / Rhubarb Jan to March / Courgette best from June to Oct / Red cabbage, Oct-Jan

# Create your own **fruit salad**

What fruits do you think would taste good together in a fruit salad?

## How fruity are you?

Fruit salads look really colourful, taste really yummy and are super easy to make. And the best bit is, you can choose any fruits you like to mix it up. Why not pick your Super 6 fruits to make a fruit salad?

Think about what fruits you love to eat and all the different colours and textures. Remember, no one likes a fruit salad that just has lots of mushy fruit. Try a tart, green kiwi with a tangy pineapple, next to some sweet and juicy grapes or blueberries. The choice is yours.

## How to make a fruit salad at home

- Get an adult to help you
- Wash, peel and cut all the fruit you've chosen into 2.5cm cubes
- Mix them all together in a large bowl
- Squeeze in some lime juice, zest and any leftover juice
- Toss gently to coat

## Nice to try

Tinned peaches – they're really juicy

## Fruity tip!

Pop some grapes in the freezer for a yummy fruity summer snack

## Did you know?

The acid from lemon or orange juice helps fruit look fresher for longer, it also brings out all the flavour.



# Get stuck in

## Taste treasure hunt

Can you find a food for every flavour?  
Draw a line to match the pictures to the correct flavours.

**SWEET**

**SOUR**

**SALTY**

**BITTER**

**UMAMI**



# Let's talk herbs and spices

Can you match the pictures to the names of the herbs and spices?  
Think of a dish in which you might use each one. Draw a line to match the  
pictures to the correct flavours.



SALT

GINGER

BASIL

CHILLI

CINNAMON

## Grow your own

Fresh herbs are one of the easiest things you can grow at home. They also make your food taste delicious. Why not start your own herb garden at home? **Here's how.**

1. Choose 3 herbs to grow, like rosemary, mint and basil
2. Grow the seeds in old egg cartons and water bottles – it's a great way to recycle
3. When the seedlings are big enough, plant them in a big pot.
4. Moisten the soil and pop the pot in a sunny place, in or outdoors.
5. Water about once a week and see how they grow.



# Get stuck in slow-motion taekwondo

Fancy testing your balance? Can you copy Olympic Taekwondo Champion, Jade Jones and Lutalo Muhammad, holding each of these positions? Let's give it a go!

- Move in slow motion and hold each position for 5 seconds.
- Now flow the movements together into a slow-motion sequence.



Don't forget to drink lots of water while you are exercising like our Team GB athletes, that way your body will get all the fluids it needs.

# Complete an on-the-spot triathlon!

Legends of the road, bike and water, Alistair and Jonny Brownlee are the most successful siblings in sport. Alistair holds 2 Olympic Gold medals in triathlon from London 2012 and Rio 2016. Jonny has a bronze and silver. Why not try following in their footsteps with an on-the-spot triathlon at home?

1. Select some epic music
2. Start standing up or sitting down and mime swimming with your hands for 2 minutes
3. Lie flat on your backs and rotate your legs forward and back in the air (as if pedalling an invisible bike). Keep going for 2 minutes
4. Jog on the spot (or move your arms as if jogging from a seated position). Keep going for 2 minutes
5. Now repeat



**Alistair and Jonny believe that good nutrition is crucial after exercise to help refuel your body. If you were doing a real triathlon, what food and drink would you want to eat the night before?**

# Get kids cooking

## easy peasy pizza recipes

Everyone loves pizzas - they taste really yummy. But did you know, they're also super easy and fun to make? The best bit is you only need 3 ingredients to make your own dough. Amazing right? We'll show you how in this step-by-step guide (ask an adult to help you if you need). And don't forget to have a look in the cupboard and fridge for lots of tasty toppings.



1

### Mix it up

Put 2 cups of flour and a pinch of salt into a large bowl and whisk. Gradually add  $\frac{3}{4}$  cup of warm water and mix well.



2

### Knead the dough

Get hands on by kneading the gloopy dough until it's smooth and elastic. Then cut it into 2.



3

**TOP TIP**  
Try sundried tomatoes, olives and frozen veg.

### Roll it out

Roll out to half a cm thick. Place on a baking tray and top with whatever you have to hand – passata, grated cheese, meat and veg.



4

### Bake your pizza

Bake in the oven for 10 minutes at 230°C until the crust is nicely browned and the cheese has melted.

# Get stuck in **taste treasure hunt**

Pick 3 ingredients from the list below.  
What dish would you make?

**Tomatoes**

**Pasta**

**Onions**

**Aubergines**

**Rice**

**Chicken**

**Peppers**

**Bread**

**Spinach**

**Cream**

**Beans**

**Potatoes**

It's great fun to try and guess what ingredients are in different meals. See if you can pick out a few ingredients from the list that are used in this yummy meal, then try it with other dishes at home.



# Reuse, recycle and repurpose

## Bird feeder

Wash out an empty carton and turn it into a super creative bird feeder. Simply paint the outside in any pattern you like, cut a hole in one side, add a landing perch and throw in some bird feed. Make sure you hang it somewhere that you can see from your window. Why not visit the RSPB website to find out all about bird spotting?



## Herb plant pots

Old plastic bottles make brilliant creative plant pots – especially for herbs. All you need to do is draw on the outline shape with a marker, cut it out (ask an adult to help) and paint it to make it look absolutely perfect. Here we've made ours into rabbits, but you could try cats, elephants, dinosaurs, or whatever you can imagine.

## Make a sculpture

You can make a sculpture out of anything – so the world's your oyster (although we wouldn't recommend using oysters). Get everything out on the table – bottles, boxes, paints, glitter, pipe cleaners, bubble wrap, anything goes. Stick it all together and see what you can create. It might be fun to have a theme – animals, the elements, family – and hold an exhibition for the rest of the family.



## Sock puppets

Your new best friend could be lurking in your sock drawer. All you have to do is bring it to life. Take an old sock (check with an adult first) and give it some character. You can make hair from wool, felt or pipe cleaners and eyes could be buttons, googly eye stickers or mini pompoms. Or make it simple and just draw everything on. Now comes the really fun bit, putting on the puppet show. Make it fun and don't forget to take a bow at the end.



# Let's make **monster** tissue boxes

Get crafty at home! There's always lots of fun things around the house that you can get to make crazy things with.



1 Remove the plastic lining from within the tissue box and paint the inside of the box with a colour of your choice.



2 Paint the box with coloured paint.



3 Make teeth from foam sheet or card and stick to the inside.



4 Add googly eyes and funky tissue paper hair.

**TOP TIP**  
Pompoms work really well for the hair too.

## Our amazing juice carton **bird feeder**

Thanks to  
[@our.london.life](#)  
and [@leahhiggins](#)  
for the inspiration

Ask an adult to help you build your very own bird feeder – you'll find lots of lovely feathered friends in the garden! Now what colour bird feeder will you choose?



1 Using an empty juice carton, cut out a window.



2 Paint the carton using any colours you like.



3 Decorate it with googly eyes and felt wings.



4 Thread string through the top to hang it from a tree. Add bird seeds ready for the birds to enjoy!

# Indoor game ideas

## Teddy hunt

This is like hide and seek – but for your teddies and toys.

1. Choose 5 or 6 of your favourite soft toys or characters – all different sizes
2. Let one person hide them in sneaky places all over the house
3. When they're all hidden, get everyone else to look for them
4. Whoever finds the most wins!



**TOP TIP**  
The hider can give clues if things get too tricky.



## Balloon bowling

Your hallway is now a bowling alley – all you need are some paper cups for pins and a balloon to knock them down. Stack the cups in a pyramid and kick the balloon at them as hard as you can. Whoever can knock theirs down in the least goes is the winner.

### **What's in the box?**

We love this game. You'll need to find an adult and annoy them a lot until they agree to make a secret box full of secret objects for you, that they keep a secret. It needs to have lots of random object inside and a hole for you to pick them out of. Now all you have to do is see if you can guess what they are without looking what's in the box?



### **The alphabet game**

This is a really simple and fun. Here's the challenge... find something in the house that starts with EVERY letter of the alphabet. Good luck with Z!

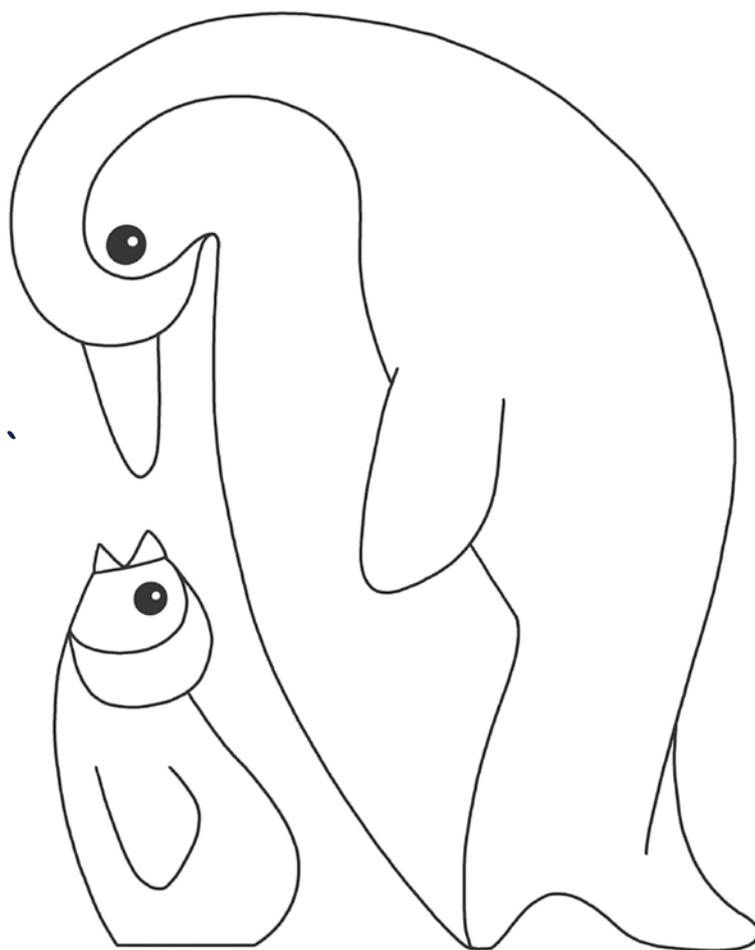
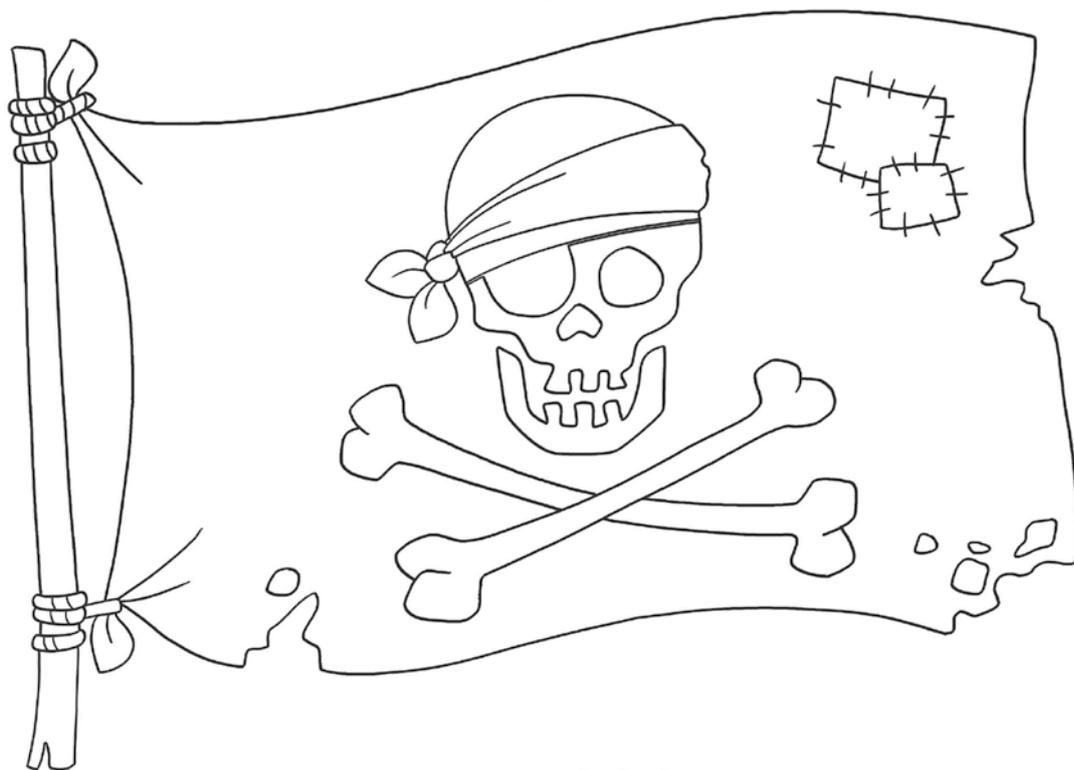


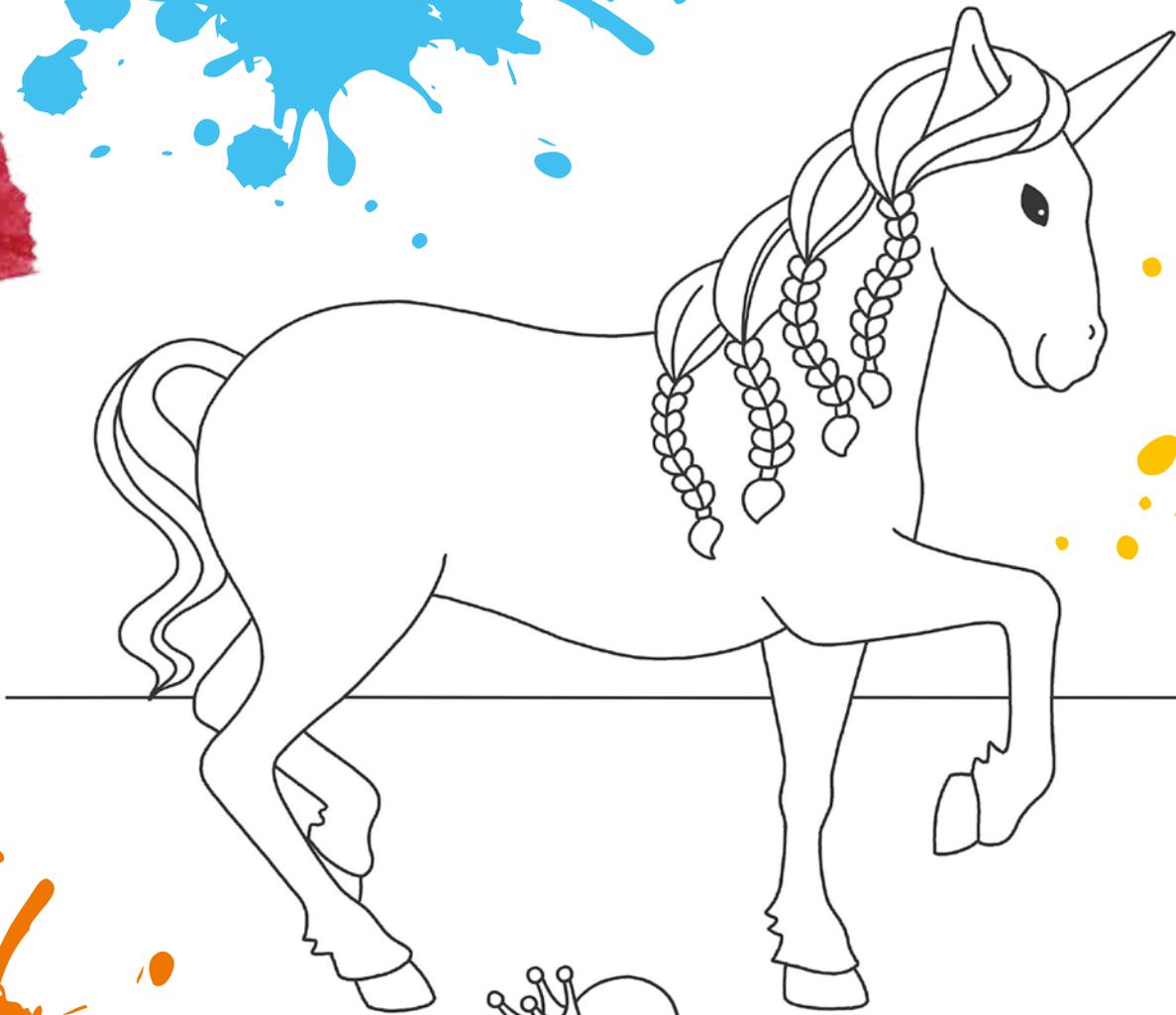
### **Blind obstacle course**

This is a team game, but you can easily adapt the rules if there's just a couple of you.

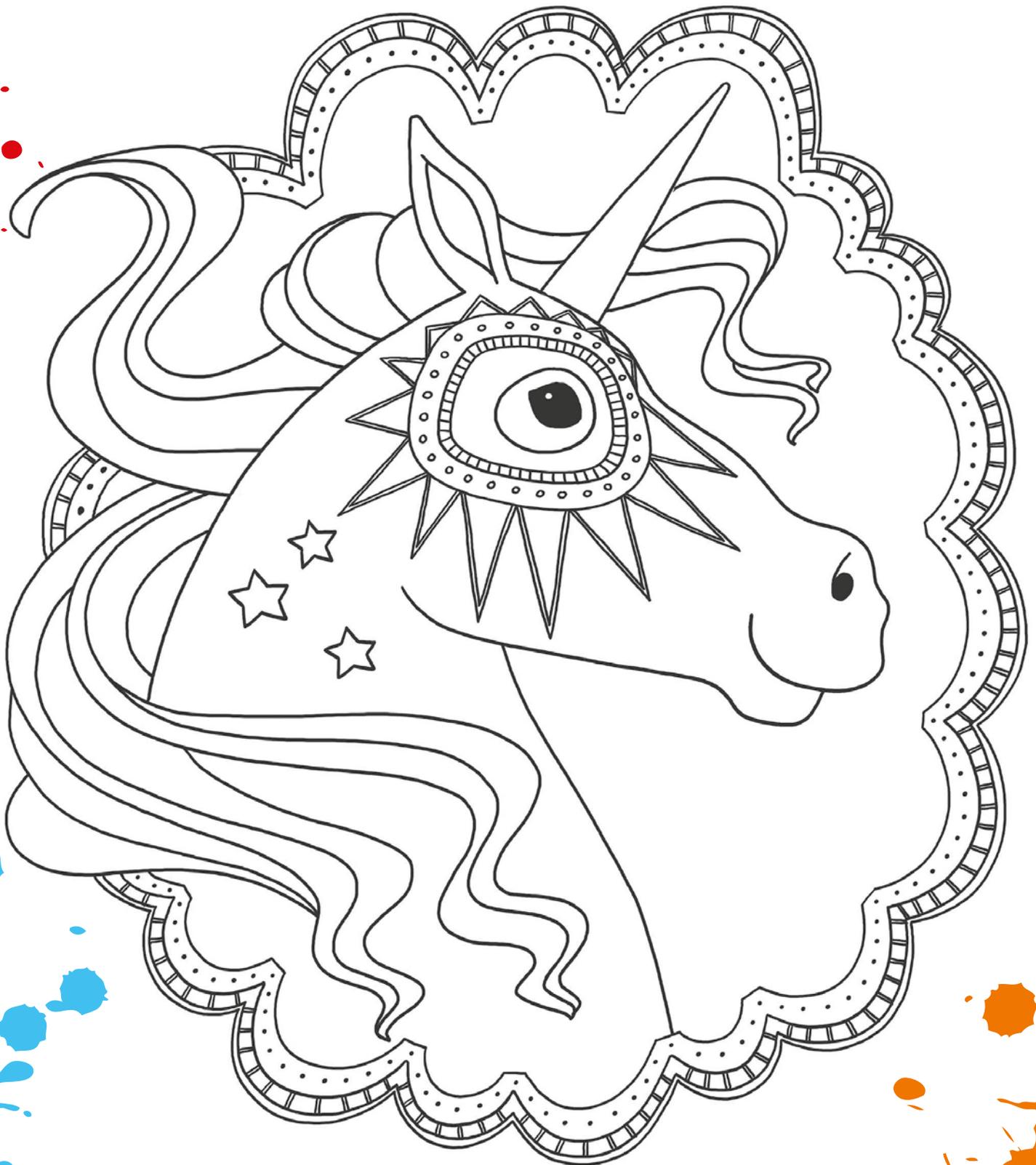
- 1. Split everyone into two teams**
- 2. Arrange obstacles all over the floor – chairs, tables, cushions, etc**
- 3. Agree on a course around the obstacles.**
- 4. One player puts on a blindfold**
- 5. Their team instructs them around the course**
- 6. 5-second penalty if you touch any object**
- 7. The fastest team wins**

Can you keep inside the lines?  
Try our **colouring-in** templates

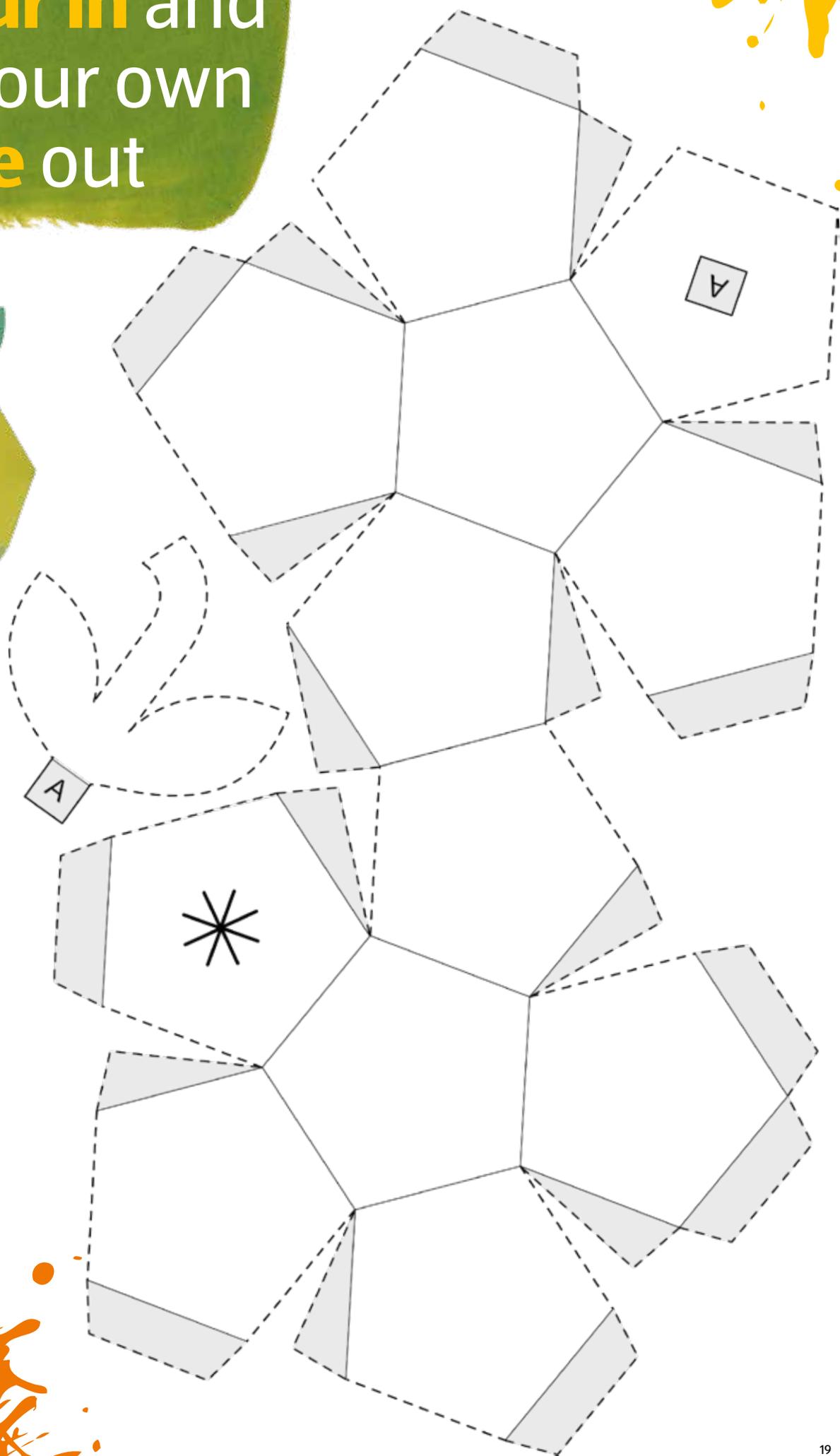
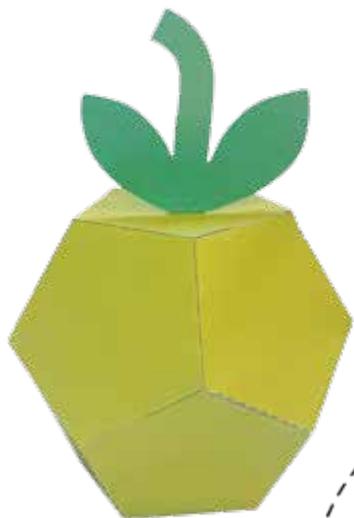




Can you keep inside the lines?  
Try our **colouring-in** templates



**Colour in** and  
**cut** your own  
**apple** out



# Let's play memory match!

Can you help us? We have 2 very hungry athletes who are looking forward to a healthy, nutritious dinner, but we can't remember what's in either of their favourite dishes. Meet Lutalo Muhammad – a 2 Olympic Taekwondo medallist and Shauna Coxsey - Britain's No.1 climber.

Will you help us find all the ingredients for their dinner?

## PLAY!

**This game needs 2+ players.**

1. Cut out the ingredient cards for Shauna and Lutalo's recipes.
2. Place all your cards face down.
3. Take it in turns to turn over two cards.
4. Find a matching pair from your shopping list to 'buy' that food. Put those cards in front of you.
5. The first player to find all the foods they need wins!



- What does your shopping list come to?
- Do you think this is a good meal for your athlete?  
(Will your athlete like the food? How healthy is it?)

# Ingredient memory match

## Shauna's Chicken Caesar Salad

**Aldi Athlete Ambassador**

Shauna Coxsey

**Sport**

Sport Climbing

**Shopping list**

- Chicken Breast
- Lettuce
- Bread (for croutons)
- Salad Dressing

**Chicken Breast**  
**£1.99**



**Lettuce**  
**62p**



**Bread**  
**49p**



**Salad Dressing**  
**85p**



**Chicken Breast**  
**£1.99**



**Lettuce**  
**62p**



**Bread**  
**49p**



**Salad Dressing**  
**85p**





# Ingredient memory match

## Lutalo's Spaghetti Bolognese

**Aldi Athlete Ambassador**  
Lutalo Muhammad

**Sport**  
Taekwondo

### Shopping list

- Spaghetti
- Tinned Tomatoes
- Mince
- Onions

**Spaghetti**  
48p



**Tinned Tomatoes**  
28p



**Mince**  
£2.85



**Onions**  
69p



**Spaghetti**  
48p



**Tinned Tomatoes**  
28p



**Mince**  
£2.85



**Onions**  
69p





# Aldi Super 6

## Aldi's Super 6

If you're looking for fresh, affordable food don't miss our amazing Super 6. Every fortnight we pick 6 of our favourite fruit and veg, and guarantee a lower than usual price. Prices can be as low as 49p. Check out what's on offer this week, in store and online.

