



Lockdown Lunches and Family Fun

Rainbow Wraps

How many colours of the rainbow can you fit into your lunches?

Here are some ideas for you:

Sliced tomatoes

Cucumber

Grated carrot

Sliced beetroot

Sweetcorn

Lettuce

Chopped peppers

Sliced grapes

Red onion

Enjoying at least **two** colours in every meal is a great way to make sure you're getting plenty of good nutrients! Make your meals as bright as possible – they'll also look delicious.

You don't need to put these in wraps – you could make **sandwiches, bagels, or sliced pitta bread** with veggies on the side!



Remember, you can add **extra colours with fruit**, too, which makes an excellent dessert or snack.



No Bake Cereal Bars

Ingredients

- 180g rolled oats
- 100g peanut butter (crunchy or smooth)
- 50g honey/maple syrup (about 2 tbsp)
- 1 banana, mashed (if you don't have a banana, add an extra spoon of honey)
- 50g raisins or other dried fruit
- Optional: 50g almonds/mixed nuts - chopped



Directions

1. Mix all the ingredients together in a large bowl. If your kitchen is cold, you might need to microwave the peanut butter and honey together for 10-20 seconds first, to soften them!
2. Line a baking dish or large tub with greaseproof paper
3. Add the mixture to the dish, and press down until evenly compacted
4. Refrigerate for at least 1 hour.
5. Cut into 12 bars and enjoy as a tasty breakfast or snack!
6. Store these in a sealed container in the fridge for 3-4 days.

Adam Apple and Percy Pear

Adam Apple and Percy Pear are learning lots of things at home. As it's been a while since they went into school, they decided to try their school uniforms back on – just to make sure they still fit!

On the next page, can you colour them in? What's your favourite colour apple? Do their school uniforms look like yours?

Be sure to check out Zing Somerset's [YouTube channel](#) – we have over 50 cooking videos ranging from breakfast to dinner and everything in between!

New videos are added almost weekly.

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