



Lockdown Lunches and Family Fun

Pasta Pots

An easy way to make a filling, colourful meal which is adaptable to all tastes!

Cook up some pasta, drain and cool under cold running water. Once fully drained, mix up with your choice of:

Chopped pepper **Chopped cucumber** **Sliced tomatoes**
Peas **Sweetcorn** **Grated carrots** **Chopped celery**

Then add your choice of:

Cheese chunks **Sliced ham** **Tuna** **Chickpeas**

Mix up with either a drizzle of olive oil or a spoon of mayo!



Cinnamon Biscuits

Ingredients:

- 150g porridge oats
- 1 tbsp honey
- 60g butter or spread
- 1 tsp ground cinnamon
- ¼ tsp ground ginger (optional)
- Handful of raisins (optional)



Preheat the oven to 180°C. **Mix all of the ingredients** together in a bowl. Shape into biscuits and place on a baking tray lined with greaseproof paper. **Bake for 10 minutes**, until crispy, and enjoy once cooled!

Make a Food Rainbow

Using the pictures on the next page, or with foods from your fridge and cupboard, or by drawing your own pictures of food, can you build a rainbow with all the different colours?

When there are no colourful foods left, what do the remaining foods have in common?

Answer: They are all beige or brown! This is because they are all processed foods, which don't give our bodies many good nutrients. They can be unhealthy for us if we eat them regularly.

Looking for more ideas to keep you all busy at home? Check out SASP's Be Active At Home guide [here](#) for plenty of inspiration!

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