

1



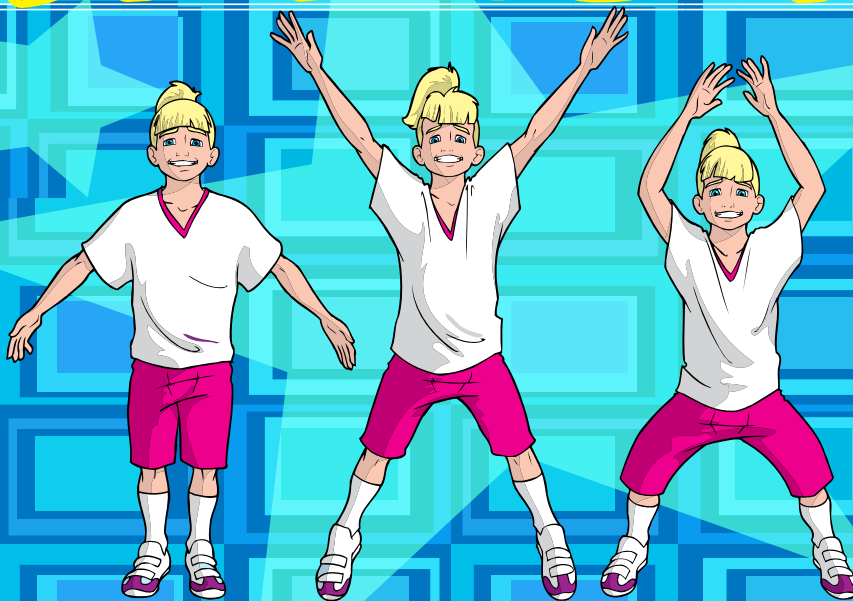
Freddy Fit[®]

EXERCISE OF THE DAY ★ HEALTH TIPS ★
COLOURING PAGES ★ RECIPES ★ QUIZ QUESTIONS

EXERCISE OF THE DAY



STAR JUMP



- JUMP AND STAR TO THE SIDE
YOUR ARMS AND LEGS
- STAR JUMPS ARE GREAT FOR
STRENGTH AND FITNESS

TRY 20 EACH TIME

HEALTH TIP



✓ Good Hygiene Habits

Phew! What's that smell?

Well it won't be you if you have good hygiene habits! Keeping yourself clean and tidy is very important, especially as you are growing up. It will make you look better, smell better and it can even stop you getting ill.

Take a look at our 5 top tips to keep you looking and feeling your best.

1 Take a bath or shower

Every kid sweats, but as you start to reach puberty you may find your sweat starts to smell. This sweaty smell is called Body Odour (BO) and it is caused when sweat reacts with bacteria on your skin, especially in places such as your armpits and your feet.

The best way to get rid of BO is to take a bath or shower every day. You should use a mild soap or shower gel and warm water to wash your body all over to get rid of any bacteria and dirt.

If you sweat a lot or play a lot of sport you may want to wear a scented deodorant which you spray or roll on your under arms in the morning to kill bacteria. However a deodorant is no substitute for clean skin so make sure you are clean before you put it on.

2 Wear Clean Clothes

There's no point putting dirty clothes on a clean body! First of all, make sure you change your underwear and socks

every single day. Some items of clothing you may be able to wear a couple of times before they need washing such as trousers or jumpers but anything that is dirty or smelly should be put in the washing basket.

3 Take Care of Your Hair

Your scalp produces oil and sweat which sticks to your hair so you need to wash it regularly to stop it getting dirty and greasy. To wash your hair you need to wet it and squirt a little bit of shampoo in the palm of your hand. Rub the shampoo into your scalp using your finger tips to loosen the dirt before rinsing it out. If you have long hair you may need to use a conditioner which will make it easier to brush out the tangles.

How often you need to wash your hair will depend on what activities you have been doing and how quickly your hair gets greasy.

4 Brush Your Teeth

It's very important to keep your teeth clean. If you don't brush your teeth twice a day you might end up with rotten teeth, gum disease and bad breath.

5 Wash Your Hands

You should wash your hands with soap and warm water before eating or touching food and after handling pets or going to the toilet as it will kill germs that could make you ill.



RECIPE



Time:
10
minutes

Cranberry Oatmeal Biscuits

- * 1 1/4 cups of rolled oats
- * 3/4 cup of all-purpose flour
- * 3/4 teaspoon of ground cinnamon
- * 1/2 teaspoon of baking soda
- * 1/2 teaspoon of salt
- * 6 tablespoons of soft butter
- * 3/4 cup firmly packed brown sugar
- * 2 egg whites
- * 1 teaspoon vanilla extract
- * 3/4 cup dried cranberries

V Vegetarian

These chewy oatmeal cookies are a delicious treat. The cranberries are a healthy fruit and full of anti-oxidants.

Oatmeal is good for your heart and can lower cholesterol.

The cookies are made using butter and sugar so don't eat too much, eat one or two as an after dinner treat.

Method:

1. Preheat oven to 200 degrees. Line two cookie sheets with parchment paper.
2. Place oats, flour, cinnamon, baking soda and salt in a bowl and stir with a whisk.
3. In a large bowl, beat butter and sugar until light and fluffy for about 3 minutes.
4. Beat in egg whites and vanilla extract.
5. Gradually add flour and oats mixture, stir with a wooden spoon until blended.
6. Mix in the cranberries.
7. Use a tablespoon to place dough mixture on to the cookie sheets, keep each cookie about 2 inches apart.
8. Bake for 10-12 minutes or until edges are golden.
9. Take them out of the oven and leave to cool completely.

QUIZ QUESTION



How many bones in the human body?

- ☐ 170
- ☐ 206
- ☐ 99



Email me your answer - each correct one will be entered into a prize draw for a chance to win these fabulous Freddy Fit trading cards!



FFitcomp@outlook.com

COLOURING PAGE



On the next page is a black and white version of this Fabulous Freddy Fit picture for you to colour yourself!



Print and colour the page then send me a photo or email me your finished art - each one will be entered into a prize draw for a chance to win these Fabulous Freddy Fit trading cards!

FFitcomp@outlook.com

