

A C T I V I T Y P A C K

NUTRITION & HYDRATION



savona 
FOODSERVICE
THAT JUST WORKS



HYDRATION & NUTRITION

Hydration and nutrition are at the heart of feeling your best. Alongside our collection of balanced recipes and menu inspiration, we've created an activity pack filled with engaging games to encourage healthy habits and spark creativity. Whether you're looking for fresh ideas for nourishing meals, tips to stay hydrated, or simple ways to support overall wellbeing, this pack is designed to inspire and energise.

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FOODS THAT ARE HIGH IN FLUID

Soup

Tomatoes

Strawberries

Ice lollies

Pineapple

Raspberries

Cucumber

Jelly

Watercress

Apples

Celery

Lettuce

Star Fruit

Watermelon

Peaches

Grapefruit

Creamy sauces

Custard

Cantaloupe Melon

NUTRIENT-DENSE FOODS

Whilst fruits, vegetables, whole grains, lean proteins, nuts & seeds, beans & legumes, and heart-healthy fats should all be included in a healthy diet.

Here are some examples of particularly Nutrient-dense foods...

BROCCOLI

Good source of calcium, fiber, iron, potassium, vitamin C, and vitamin K

Recipe: Butternut Squash & Broccoli Farfalle Pasta



SALMON

High in omega-3 fatty acids

Recipe: Salmon Broth With Cream



KALE

Rich in vitamins, minerals, fiber & antioxidants

Recipe: Squash & Mushroom Wellingtons with Kale Pesto



POTATOES

Good source of potassium, magnesium, iron, copper, & manganese

Recipe: Leek & Potato Soup





STRAWBERRY ICE LOLLIES

INGREDIENTS

300ml yoghurt

125g fresh strawberries

50g caster sugar

METHOD

Hull the strawberries and place into a food processor with the sugar and yoghurt

Blend until smooth

Pour the mixture into ice lolly moulds and place into the freezer for a few hours or overnight

Serve when frozen

Don't like strawberries? Why not try using raspberries or blueberries instead!



WATERMELON & FETA SALAD

INGREDIENTS

- ½ Large watermelon
- 1 Cucumber
- ½ Bunch Fresh Mint
- 200g Feta
- 1 Red Onion
- 2 tbsp Red Wine Vinegar
- ½ tbsp Honey
- 3 tbsp Extra Virgin Olive Oil



METHOD

Thinly slice the onion and add to a mixing bowl with the vinegar, and leave for 10 minutes

Mix in the honey and olive oil

Peel the watermelon and cut into approx. 2 - 3 cm (1 inch) size pieces, removing any pips, and cut the cucumber into slices

Add the watermelon and sliced cucumber into the bowl with the dressing and stir gently

Roughly chop the mint leaves and stir through the salad

Place into a serving dish and crumble over the feta

Mix everything together and serve immediately adding sea salt and freshly ground black pepper to taste



GUESSING GAME!

WHAT YOU'LL NEED

Small drinking glasses

Different flavours of cordial and/or juice

Pens and paper to note down answers

HOW TO PLAY

Divide your residents into groups of two or more.

Set an agreed amount of time e.g. 5 mins and ask them to work out, by drinking them, what flavour cordial/juice is in each glass.

Most correct answers wins!

CHANGE IT UP!

Want to make it more challenging?

Why not find some unusual flavours of cordial e.g. blueberry & blackberry or use covered cups instead of glasses so the colour of the liquid can't be a clue!

Want to make easier?

Write out all the answers and ask residents to match the flavour to the glass



WHAT IS IT?

Below are six images, with the theme of Nutrition & Hydration, that have been zoomed in.

Can you work out what is in each picture?



A



B



C



D



E



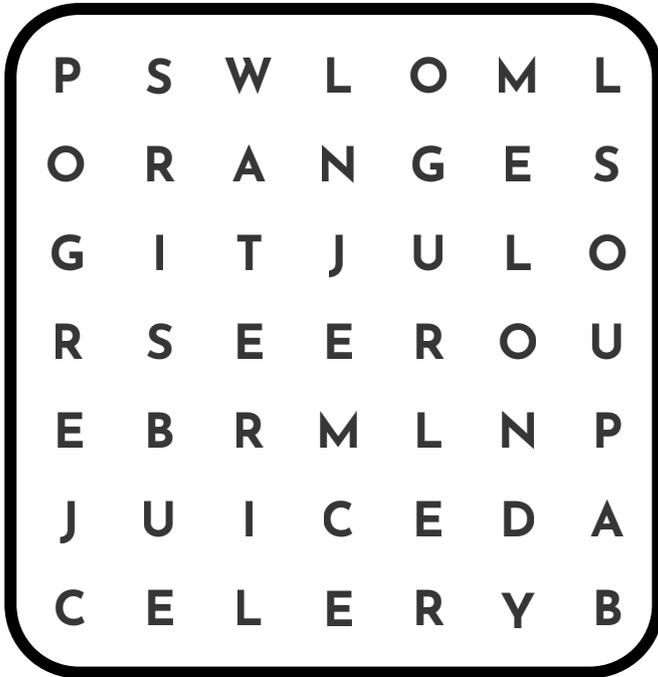
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NUTRITION & HYDRATION WORDSEARCH

Find the hidden words.

Words can be found across and down.



- CELERY
- WATER
- ORANGES
- JUICE
- SOUP
- MELON

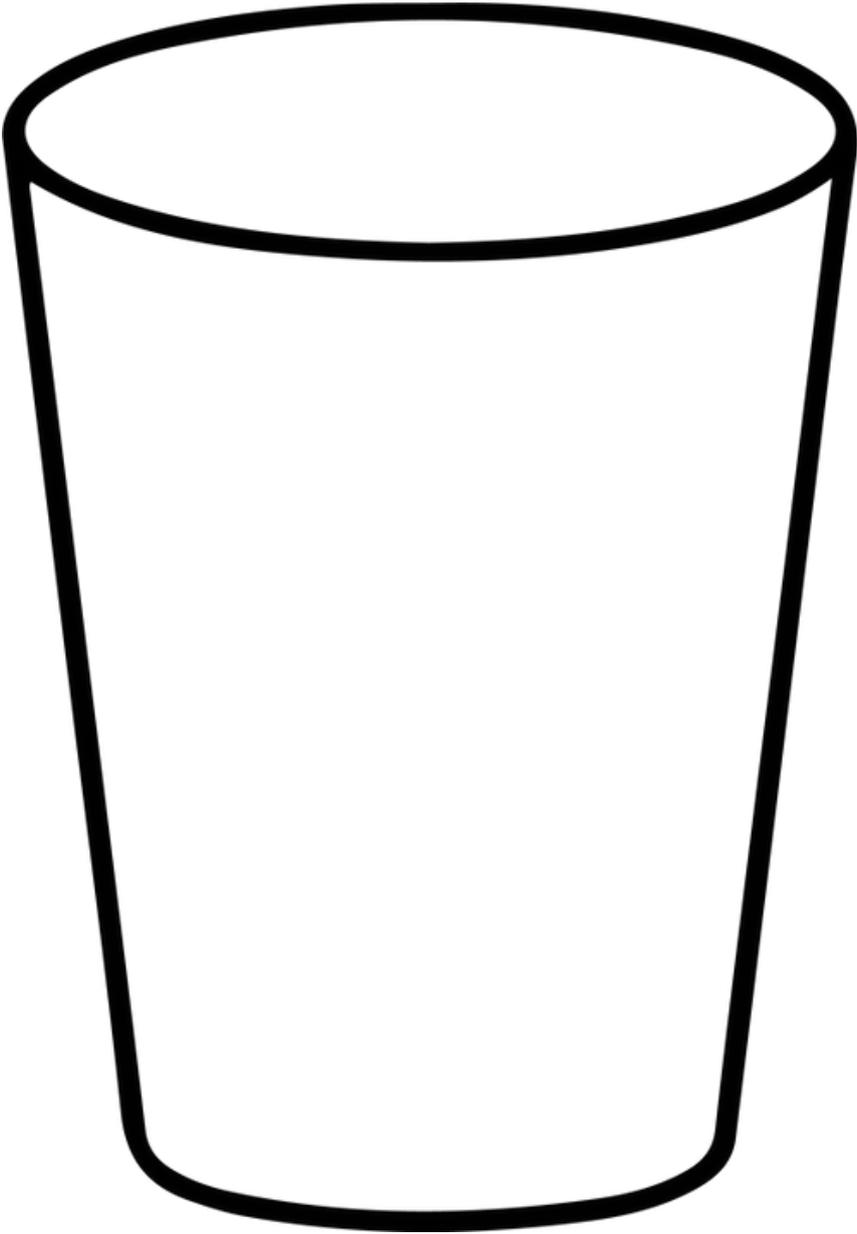


- PEACHES
- CUCUMBER
- ICE LOLLY
- CELERY
- LETTUCE
- WATERMELON
- YOGHURT
- APPLES
- WATERCRESS
- TOMATOES
- SOUP



DESIGN YOUR OWN DRINK

Using the template below, design your own delicious drink to help you stay hydrated!



COLOURING

Stay Hydrated!



REMINISCENCE & CONVERSATION

What was your favourite drink as a child?

What was your favourite drink now?

Did you know...

Ribena's blackcurrant syrup was created in 1938 by Dr Vernon Charley, a leading scientist at the University of Bristol. He distributed free Ribena to children and expectant mothers during WW2 as he noticed blackcurrants contained vitamin C and, at that time, other fruits with vitamin C were scarce.

Do you like drinking cordial/squash?

...If so what is your favourite flavour?

What kinds of food do you enjoy eating?

What do you like eating for breakfast / lunch / dinner?

Did you know...

Invented by Bennison Osborne, Weetabix was first produced in the UK in 1932, and is the British version of the original Australian breakfast cereal.

Do you have a favourite food?

What were your favourite foods as a child?

Do you like trying new foods?

Do you like cooking?

Do you like eating vegetables?



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 CELERY
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 SOUP
 YOGHURT



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A Ice Lollies



B Cucumber



C Water



D Orange Juice



E Blueberries



F Cup of Tea

