

Summer Activity & Recipe Pack





Hello and welcome to our Summer Activity & Recipe Pack! I'm sure you've been looking forward to this change of season just as much as we have.

With longer, warmer days during Summer, there are so many opportunities for new activities - most of which are completely free! In this pack, we've pulled together some free activities all on the theme of Summer, and given you some ideas for simple ways to get outside and enjoy the sunshine.

We've provided three recipes that are perfect for snacking between meals or taking outside for a picnic. We've also included a soup recipe because during summer it's vital that residents keep hydrated and soup is a perfect light meal that increases their fluid intake. Although the recipes are simple, we've packed in loads of flavour and nutrients to keep your residents grazing and hydrated throughout the day, especially when big meals are less attractive.

We wish you a wonderful summer and hope you get plenty out of the activities and recipes in this pack.

Paul Wright
Paul Wright

Elderly Care Business Development Chef
Unilever Food Solutions



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Painted bird feeder

You will need

1. Unpainted ceramic bird feeders*
2. Non-toxic acrylic paints + paint palette
3. A range of different paint brushes
4. PVA non-toxic glue
5. Newspaper
6. Aprons
7. Thin string for hanging

*you can purchase the birdfeeders from many craft stores.

How to make it

1. Lay down the newspaper and prepare a small amount of paint in different colours individually on to a palette (can be an old plate or paper plate).
2. Apply the paint to the bird feeder in a pattern of your choice. If you want to add designs, draw the design on with a waterproof marker pen, or if more intricate, use a pencil and paint within the lines you make.
3. For brighter bold colours, put a second coat of paint on.
4. Leave the bird feeder to dry overnight.
5. Once dry, seal the paint by adding a thin layer of PVA glue. You can add a small amount of water to this to make it flow better.
6. Add string to the bird feeder and hang outside!

Summer word search

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

There are 15 words to find in this word search.... Good luck!

Summer
Birds
Daisy
Icecream
Picnic

Sunflower
Shine
Park
Grass
BBQ

Beach
Lemonade
Garden
Butterfly
Hot

Spot the Difference

There are 10 subtle differences to the posters below – see if you can find them all.

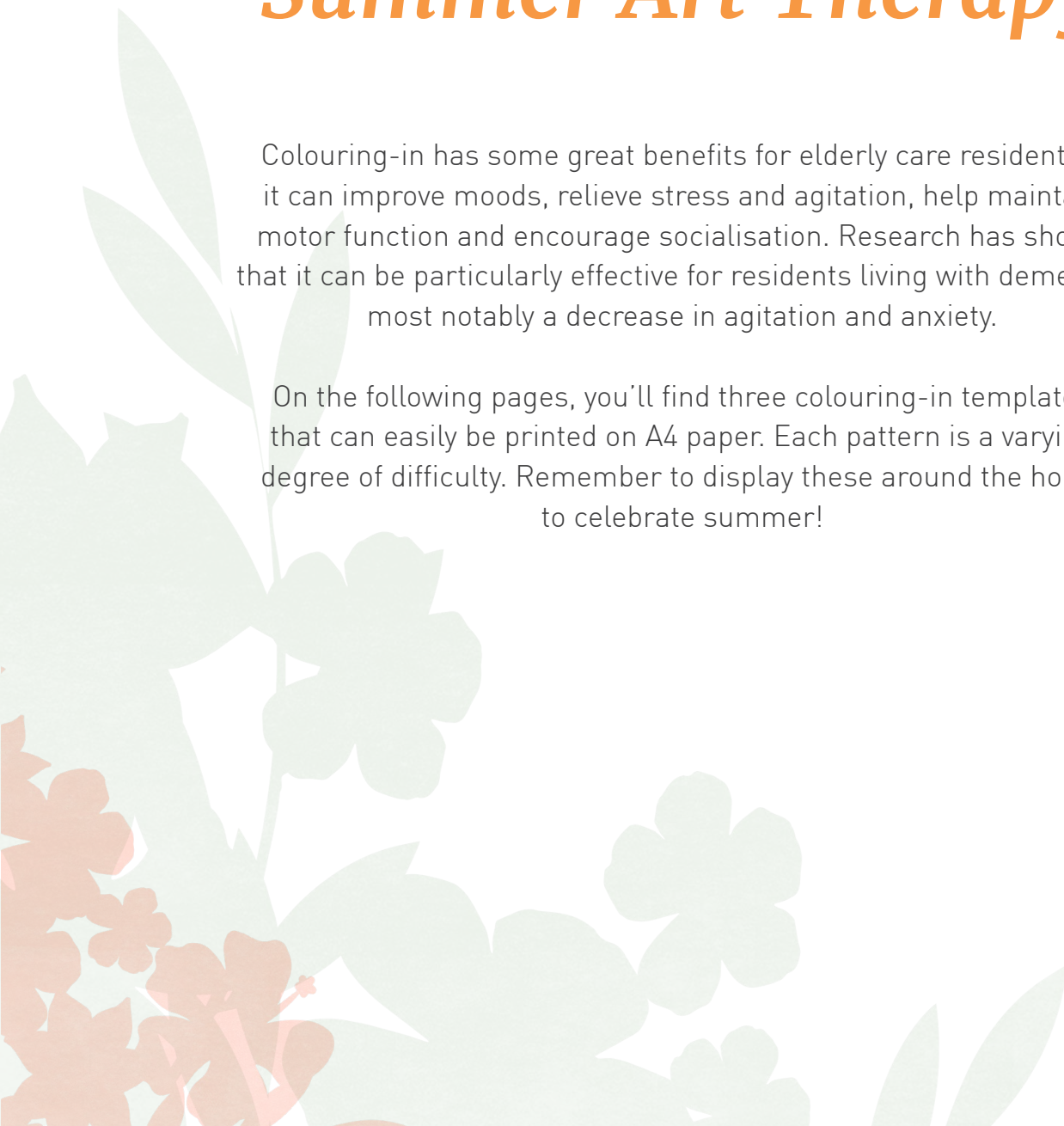


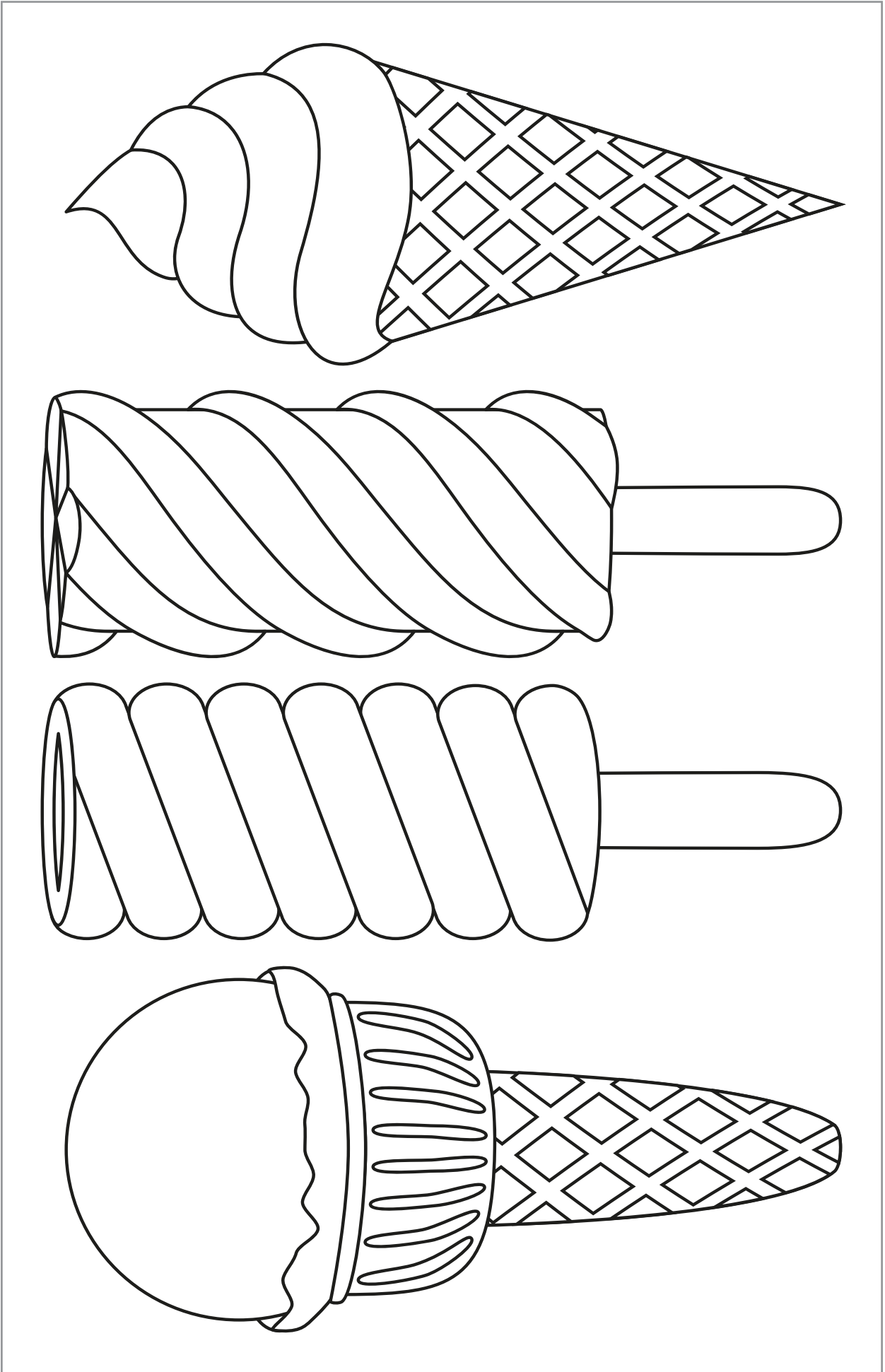


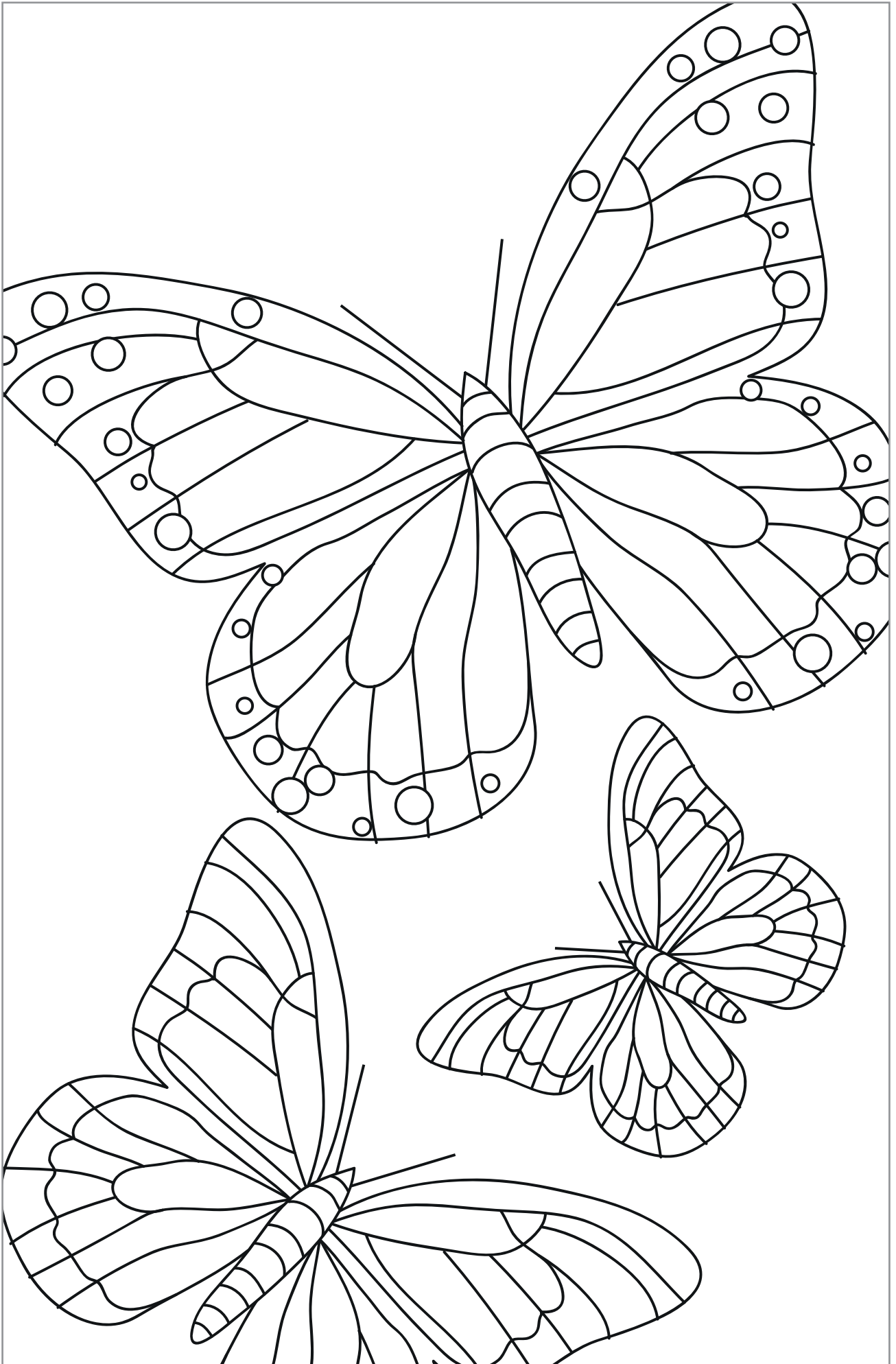
Summer Art Therapy

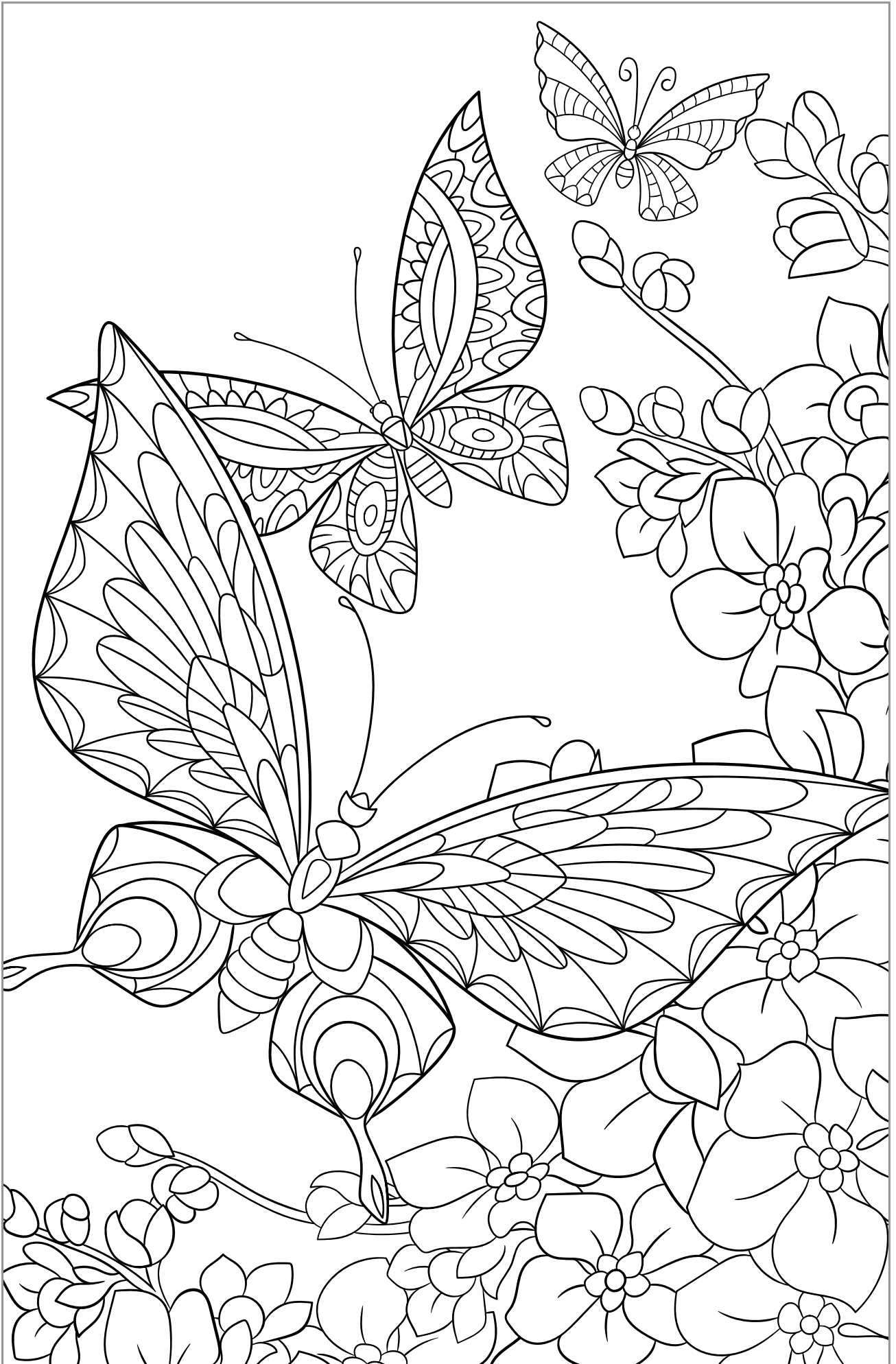
Colouring-in has some great benefits for elderly care residents – it can improve moods, relieve stress and agitation, help maintain motor function and encourage socialisation. Research has shown that it can be particularly effective for residents living with dementia, most notably a decrease in agitation and anxiety.

On the following pages, you'll find three colouring-in templates that can easily be printed on A4 paper. Each pattern is a varying degree of difficulty. Remember to display these around the home to celebrate summer!





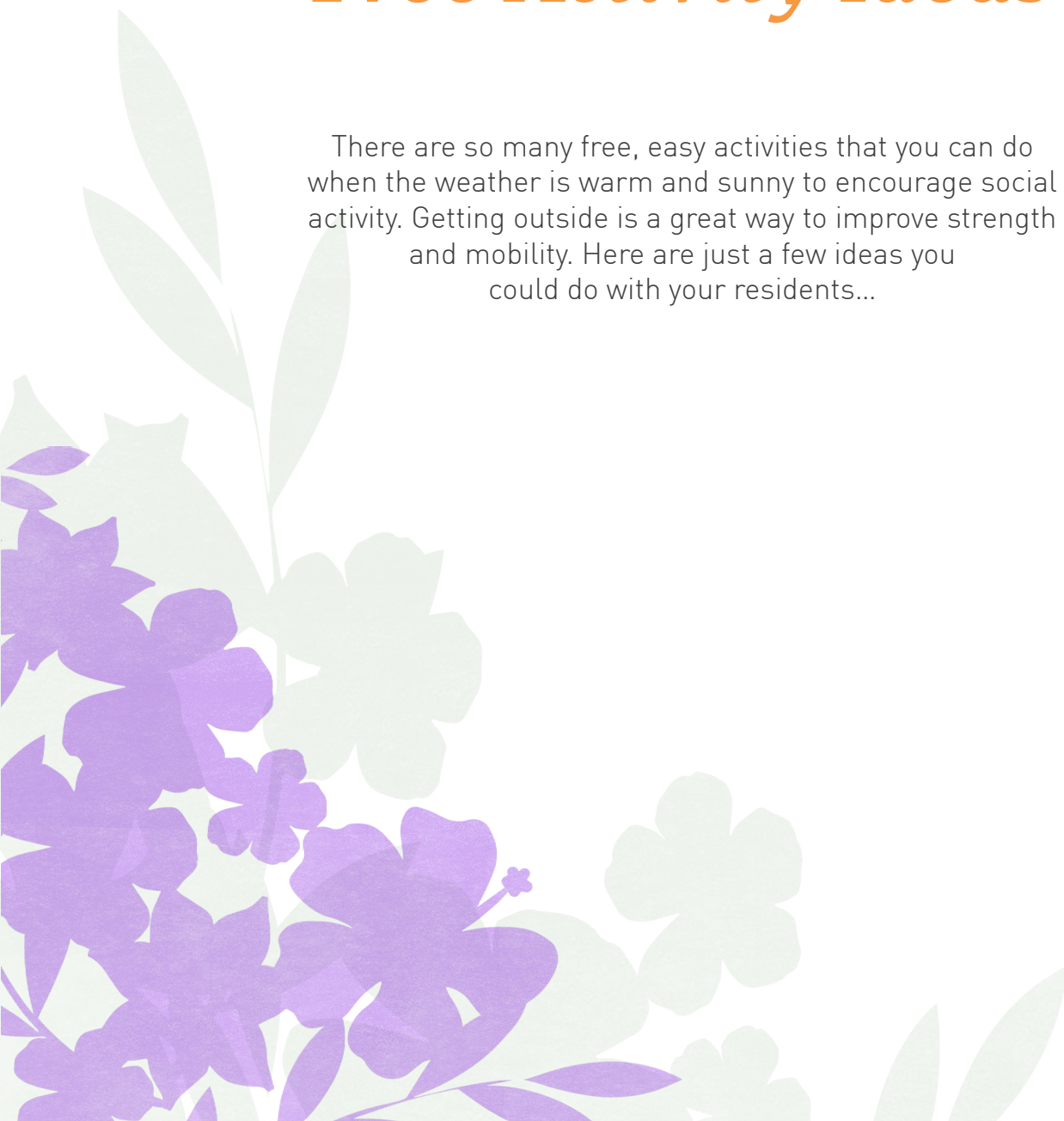






Free Activity Ideas

There are so many free, easy activities that you can do when the weather is warm and sunny to encourage social activity. Getting outside is a great way to improve strength and mobility. Here are just a few ideas you could do with your residents...





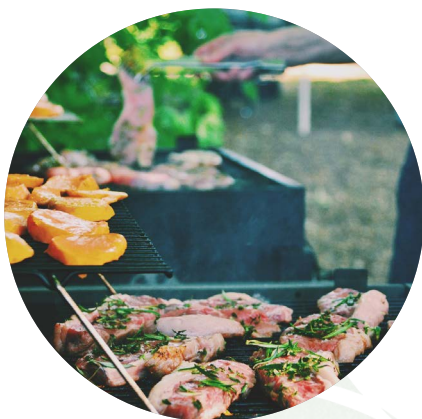
Picking Flowers



Walk to the post box



Picnic outside
(use our snack recipes for this one!)



Summer BBQ – and don't forget
to invite friends and family



Walk Around
The Garden



For residents that may not want to go
outside, simply put on a CD of birdsong to
emulate summer evenings inside



Bird & Butterfly watching

Print out a few copies of the following sheets, take your group outside and see if they can spot any of the bird and butterfly species on the sheets

Birds



House sparrow



Starling



Blackbird



Long-tailed tit



Blue tit



Robin



Goldfinch



Chaffinch

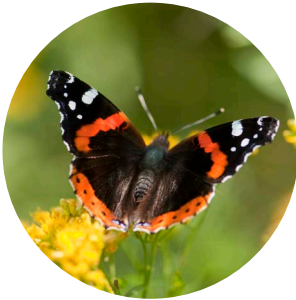


Great tit



Woodpigeon

Butterflies



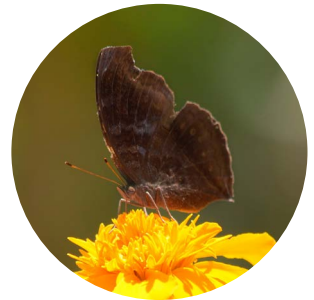
Gatekeeper



Large White



Red Admiral



Meadow Brown



Comma



Peacock



Common blue
toiseshell



Ringlet



Small Tortoiseshell



Small white



Recipes

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Kedgeriee Scotch Egg
with Coronation Sauce

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Apple Pie Power Balls

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Salmon Bites
with Lime Mayonnaise

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Parsnip Soup
with Parsley Cream



Kedgeree Scotch Egg with Coronation Sauce

INGREDIENTS FOR 10 PORTIONS

30ml	Vegetable oil
50g	Onions
200g	Arborio rice
30g	Knorr Patak's Madras Paste 1.1kg
200g	Plain flour
300g	Panko Breadcrumbs
150ml	HELLMANN'S Real Mayonnaise 5L
25g	KNORR Gluten Free Rich Vegetable Paste Bouillon 1kg
1l	KNORR Gluten Free Rich Vegetable Paste Bouillon 1kg
600g	Egg
1l	Whole milk
300g	Smoked haddock
30ml	KNORR Patak's Korma Concentrated Sauce 1.1L
1l	Water

A twist on a classic scotch egg, with mild spicy haddock kedgeree and grated boiled egg filling. Ideal for a grazing snack or as part of an afternoon tea.

Advance Preparation

- 25g KNORR Gluten Free Rich Vegetable Paste Bouillon 1kg
- 1l Whole milk
- 300g Smoked haddock
- 400g Egg

Make up the stock by whisking KNORR Vegetable Bouillon paste into 1 litre of boiling water then place to one side.

Hard boil the eggs then refresh in cold water, peel and grate then refrigerate until required.

Poach the smoked haddock in the simmering whole milk for approximately 4 minutes. When cooked, remove from the milk and allow to cool. Carefully remove the skin and bones, then flake the fish into a bowl. Refrigerate until required.

For the kedgeree base

- 30ml Vegetable oil
- 50g Onions
- 200g Arborio rice
- 30g KNORR Patak's Madras Paste 1.1kg

Finely chop the onions. Add the oil to a pan and cook the onions until pale.

Add in the KNORR Patak's Madras Paste and cook for 3-4 minutes, adding 100ml water to stop the spices from sticking.

Once the water has been evaporated add in the Arborio rice. Slowly add the KNORR Vegetable Bouillon a little at a time and stir continuously.

Keep adding the bouillon until the rice is cooked. Chill until required.

To assemble the Scotch eggs

- 200g Plain flour
- 200g Egg
- 300g Panko Breadcrumbs

Mix through the egg and smoked haddock into the rice mix then ball into 15g pieces.

Take each ball and dust with flour, then dip into beaten egg and finally coat with panko breadcrumbs.

Place into the fridge until required.

To serve

- 150ml HELLMANN'S Real Mayonnaise
- 30ml KNORR Patak's Korma Concentrated Sauce 1.1L

Whisk together the HELLMANN'S Real Mayonnaise and the KNORR Patak's Korma Sauce to make the coronation sauce.

Deep fry the Scotch eggs at 180c for 4 - 5 minutes or until the core temperature has been reached.

Serve with coronation sauce.

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
2422kJ/ 577kcal	31.1g	8.0g	6.3g	1.87g
29%*	44%*	40%*	7%*	31%*

*% of Reference Intake of an average adult (8400kJ/2000kcal)



Apple Pie Power Balls

INGREDIENTS FOR 20 PORTIONS

350g	Dried Apple Slices
240g	Dried Dates
150g	Honey
8g	Ground Nutmeg
8g	Cinnamon
100g	Pecan Nuts (Toasted)

These power balls are packed with flavour and great for a grazing snack for residents living with dementia.

Method

- 350g Dried Apple Slices
- 240g Dried Dates
- 150g Honey
- 8g Ground Nutmeg
- 8g Cinnamon
- 100g Pecan Nuts (Toasted)

Place the dried apples, dates and honey into a blender. Blend until the mixture becomes batter-like in consistency.

Add the nutmeg, cinnamon and toasted pecans and continue to blend until the pecans are finely chopped.

Diving the mixture into 30g portions then store in an airtight container until ready to serve.

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
559kJ/ 133kcal	3.6g	0.3g	24.1g	0.01g
7%*	5%*	2%*	27%*	<1%*

*% of Reference Intake of an average adult (8400kJ/2000kcal)



Salmon Bites with Lime Mayonnaise

INGREDIENTS FOR 10 PORTIONS

1kg	Salmon Trimming
75g	MEADOWLAND Professional 250g
30g	KNORR Professional Mixed Herbs Puree 750g
200g	Plain Flour
200g	Egg
300g	Panko Breadcrumbs
150ml	HELLMANN'S Real Mayonnaise 5L
10ml	Lime Juice

These salmon bites are a good way of utilising trims, as well as being a good dementia grazing snack, which can be served hot or cold.

For the lime mayonnaise

- 150 ml HELLMANN'S Real Mayonnaise 5L
- 10 ml Lime juice

Place the HELLMANN'S Real Mayonnaise into a bowl and whisk in the lime juice, until fully incorporated. Cover and refrigerate until required.

For the Salmon

- 1.kg Salmon trimming
- 75g MEADOWLAND Professional 250g
- 30g KNORR Professional Mixed Herbs Puree 750g
- 200g Plain flour
- 200g Egg
- 300g Panko Breadcrumbs

Melt the MEADOWLAND Professional allow to cool slightly.

Blend the salmon and slowly add the MEADOWLAND to the mix along with the KNORR Professional Mixed Herb Puree. Remove the mix then transfer in to a vac pack bag. Spread the mix so it is 1.5cm thickness throughout. Seal the bag.

Place the bag into a steamer and cook for 8 minutes then chill immediately and store in the fridge.

Remove the mix from the bag and cut into 20 equal pieces.

Pane the salmon bites with flour, eggs and the panko bread crumbs.

When ready to serve cook the bites in a deep fat fryer for 4-5 minutes or until golden brown and hot. Drain then serve with a leaf salad and the lime mayonnaise.

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
1091kJ/ 260kcal	16.3g	3.5g	0.4g	0.33g
13%*	23%*	18%*	<1%*	5%*

*% of Reference Intake of an average adult (8400kJ/2000kcal)



Brian Lane's Parsnip Soup with Parsley

INGREDIENTS FOR 10 PORTIONS

50 ml	Olive oil
250 g	Onions
150 g	Celery
150 g	Leeks
500 g	Parsnips
800 ml	Whole milk
600 ml	Water
1 g	Salt
1 g	White Pepper
50g	Parsley
150ml	Meadowland Double
	Bay leaves

Brian Lane is Executive Chef of Hallmark Care Homes and heads up their Chef Academy. Not forgetting he is also one of our Kitchen Heroes.

For the Parsley Cream

- 50g Parsley
- 150ml MEADOWLAND Double

Blanch the parsley in boiling salted water for 30 seconds, then refresh in ice water.

Bring the cream to the boil and squeeze out the parsley then add the cream and blend until smooth.

Once the parsley cream has cooled fold the parsley purée through the whipped cream. Season and chill.

For the Soup

- 50ml Olive Oil
- 250g Onions
- Bay Leaves
- 150g Celery
- 150g Leeks
- 500g Parsnips
- 800ml Whole milk
- 600ml Water
- 1g Salt
- 1g White Pepper

In a pan add the olive oil heat and sweat the onion, celery and leek until soft.

Stir in the parsnips, bay leaves, milk, water, KNORR Professional Vegetable Jelly Bouillon then bring to the boil and gently simmer until the vegetables are soft.

Blend the soup until smooth, season and keep hot.

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
606kJ/ 144kcal	8.3g	6.3g	9.0g	0.24g
7%*	12%*	32%*	10%*	4%*

*% of Reference Intake of an average adult (8400kJ/2000kcal)

Appendix





Summer word search



There are 15 words to find in this word search.... Good luck!

Summer
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Butterfly
Hot