

What keeps us healthy?



Did you know that

tinned tomatoes

are just as good for you as using fresh?

The vitamins and minerals are still intact in

tinned, frozen, and pickled

veggies, so they can count towards our **5-a-day!** They can keep longer than fresh, too!



Today's Activity



Make your own Quickles!
(Quick Pickles)





Wash and dry **2-3 big handfuls** of your favourite **fresh veggies**, then (with grown up supervision) thinly slice, grate or shred them up!

Put in a clean, dry **1 litre jar** that can be **air tight** when closed.



Pop 300ml of (any) vinegar, 100ml water, 1 tbsp sugar, 1 tsp salt into a pan and **bring to the boil**, then **turn down to a simmer**.

TOP TIP! For an **added twist** pop in a handful of dill, 1 tbsp of mustard seeds and/or 1 tbsp of peppercorns!



Stir the mixture until the sugar and salt have **dissolved** (it will be hot!).
Take off the heat and let it **cool down to room temperature**.
Pour the cooled mixture over the veggies and **seal the jar!**

Leave them to pickle for **at least 2 weeks**, and when you're happy with the flavour, **transfer to the fridge** - your quickles are ready!

