



Hello, parents & guardians! We are BeeZee Bodies, and we work with Gloucestershire County Council to provide FREE (and FUN!) healthy lifestyles support for families. We run after school groups across Gloucester and Forest of Dean, online courses or 1:1 appointments – whatever works best for you.

We have new groups beginning in January. click below to sign up for your family's FREE place!\*

\*to be eligible for this awesome free service, your family must live/go to school in Gloucestershire and include one child who is above their ideal healthy weight.



## BERRY CHRISTMAS

Terry who?! Try BeeZee's Chocolate Orange and our cute strawberry santas for a healthier alternative to Christmas sweet treats! You don't have to be a grinch to encourage healthy eating this Christmas, these fruity snacks are full of festive magic and loads of fun to make!



### BeeZee's Chocolate Orange

#### what you'll need

- Clementines
- Chocolate
- Optional decoration  
(chopped nuts, edible glitter, sprinkles)

#### what to do

- Peel and segment the clementine
- Melt some chocolate in the microwave
- Dip the clementine segments in the chocolate
- Add decoration if you're feeling fancy!
- Leave to set in the fridge

### Little Santa Strawberries

#### what you'll need

- Strawberries
- Whipped cream
- Chocolate
- Tooth picks
- Banana

#### what to do

- Chop off the stalk of the strawberry
- Slice the strawberry a third of the way up
- Squirt on a small bit of whipped cream
- Pop a slice of banana on top of the cream
- Then, add the top of the strawberry on to the banana
- Melt a piece of chocolate in the microwave for about 30-45s
- Using a toothpick and the chocolate, draw some eyes on your santas!

