

VIBE ACTIVITIES

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Bo's Burritos

Touch footy and rugby star Bo de la Cruz whips up a tasty and healthier version of these popular Mexican snacks.



HEALTHY RECIPE

INGREDIENTS

- * 500g chicken thigh fillets
- * 1 Old El Paso Burrito kit – look for the 'Healthy Fiesta' one that's low-fat/salt (includes tortillas and Mexican seasoning and mild salsa)
- * 1/2 block of light & tasty cheese, grated
- * 1 bag of spinach leaves, washed
- * 3 tomatoes, finely chopped
- * 1 avocado, peeled, cubed
- * 1 small tub of light sour cream

METHOD

1. Cut up chicken into small pieces. Put chicken and Mexican seasoning into a clean plastic bag and shake it until the chicken is covered with seasoning.
2. Cook the chicken in a frying pan or electric frying pan for 12–15 minutes or until cooked.
3. While it's cooking, put the cheese, spinach, tomatoes, avocado and mild salsa sauce in separate bowls; you can leave the sour cream in the tub.
4. Heat up the tortillas in the microwave and fold 'em up.

HOW TO FOLD A BURRITO

1. Put a teaspoon of sour cream on a tortilla and use the spoon to spread it around.
2. Add chicken in a vertical line down the tortilla; leave a bit of space at the bottom to fold the tortilla later.
3. Place cheese on top of the chicken (the cheese will melt on the hot chicken).
4. Add spinach, tomato, avocado and salsa, but not too much or they'll fall apart when you roll them.
5. Fold the bottom of the tortilla up over the filling. Fold in the left side, then the right side. Make sure it's tightly rolled so the filling doesn't fall out.
6. Eat them! If it's a training day, you can get away with eating four burritos! Yum!

"Keep your eyes on the prize," says Bo

BO DE LA CRUZ

CELEBRITY HEALTH

THIS YEAR'S DEADLY AWARD WINNER FOR FEMALE SPORTSPERSON OF THE YEAR, BO DE LA CRUZ, IS AN ATHLETE AT THE TOP OF HER GAME.

Bo began playing touch football at the age of 12. She played in the Northern Territory U-18s touch side and the Australian U-18 side. She has also represented Australia in the women's touch football team and has been a very valuable player for her country.

In 2008, she made the switch from touch football to seven-a-side rugby union. And in 2011, Bo was a member of the triumphant Australian Women's Sevens Rugby team that competed at the IRB Challenge Cup in Dubai.

Bo helps run the Palmerston Girls Academy in Darwin, which encourages Indigenous girls to stay in school. She is proud of her work as a role model and mentor there.

The former World Cup player and current Australian Women's Sevens Rugby player says she needs to stay fit to compete at a national level. To stay in such peak physical condition, Bo trains six days a week.

How do you stay fit?

"I can't stay in the Australian team if I'm not healthy and I like to feel healthy anyway. I train six days a week and I have a nutritionist at the Australian Institute of Sport looking after my diet and making sure I eat well. I don't drink or smoke. I have to keep my eyes on the prize to stay on top of my game."

How can other young people stay healthy?

"They need to make the right choices about their health. They need to stay away from drugs and alcohol and keep themselves updated and educated about nutrition," Bo says.



BO DE LA CRUZ

Everyone loves Mexican food! Bo de la Cruz makes delicious burritos even healthier with her recipe.

Bo trains six days a week to stay fit and healthy. She needs to be at her best to represent her country in sport.

ACTIVITY 1

FOOD



Draw your idea in the box.

1 What is your favourite type of food? Draw some of your favourites here.

A large, empty rectangular box with a dashed pink border, intended for drawing.

ACTIVITY 2

MATCHING PICTURES AND WORDS

- 1** These are some ingredients you could use in Bo's Burritos recipe. Look at the picture on the left. Look at the words on the right. Fill in the missing letters from the words from the list below.

Draw a line to match each picture to the correct words.



avocadoes

tomatoes

___ i ___ en
___ ighs

light s ___ r
___ ___ m

___ ina ___
l ___ ves

___ ated
___ ___ se

ch gr cr th ee ou sp ck ea

ACTIVITY 3

GOING SHOPPING

1 Make a shopping list of the ingredients you need for Bo's Burritos recipe.

 \$6.20
  \$1.60
  \$3.30
  \$4.60
  \$4.95

 \$3.90
  \$2.70

SHOPPING LIST

2 Place the cost of the ingredients in order from lowest to highest cost.

Lowest cost▶ Highest cost

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ACTIVITY 4

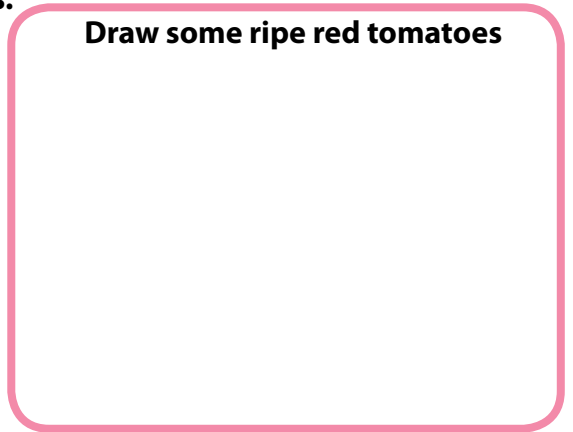
SPELLING

- 1** Cut the word **tomatoes** into its letter patterns.
Mix the letters up and put them back together.

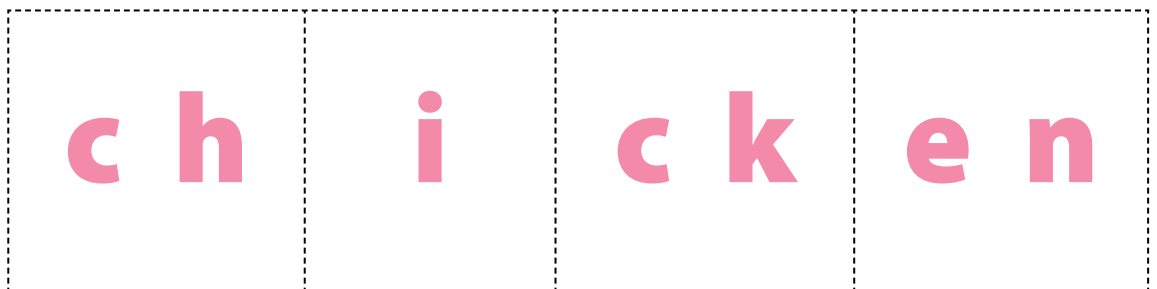


Practise writing **tomatoes** three times.

Draw some ripe red tomatoes



- 2** Cut the word **chicken** into its letter patterns.
Mix them up and put them back together.



Practise writing **chicken** three times.

ACTIVITY 5

CHRISTMAS FUN

1 Join the letters to find a Christmas face!

Holiday Alphabet Dot-to-Dot

INSTRUCTIONS: Beginning with the star, connect the dots in order of the alphabet to reveal a fun holiday object. Colour and decorate your finished drawing.

