

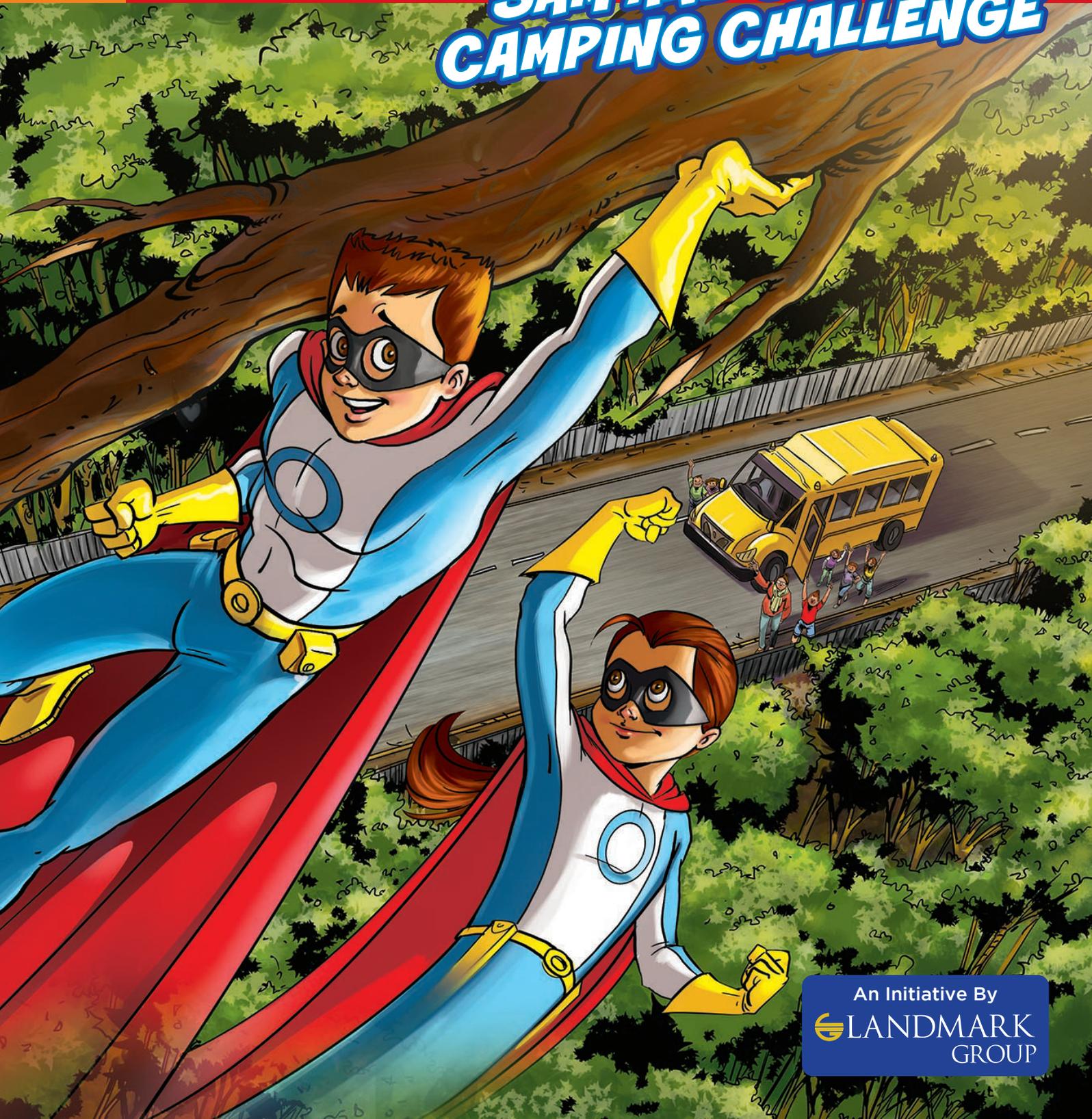
**SUPER QUICK! SUPER SMART! SUPER STRONG!**



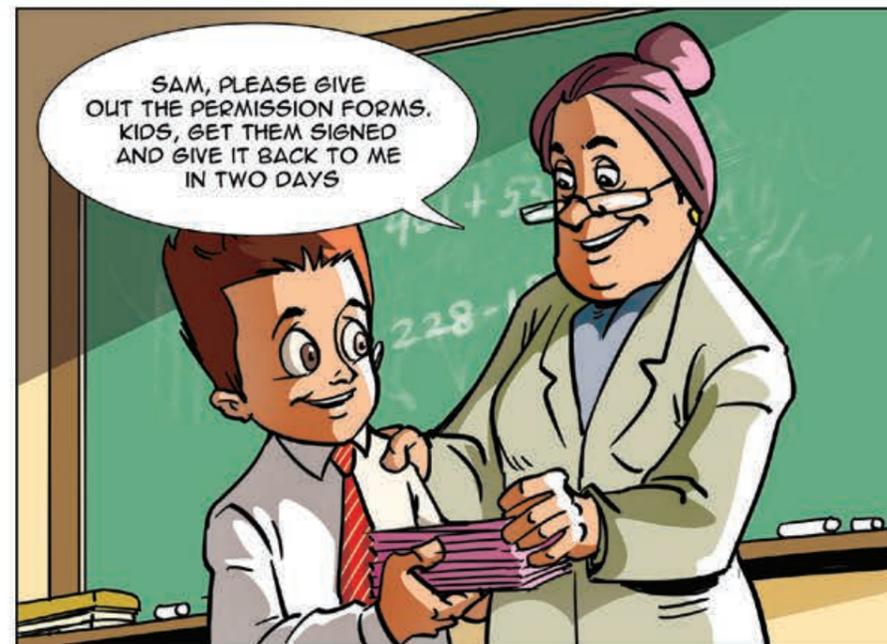
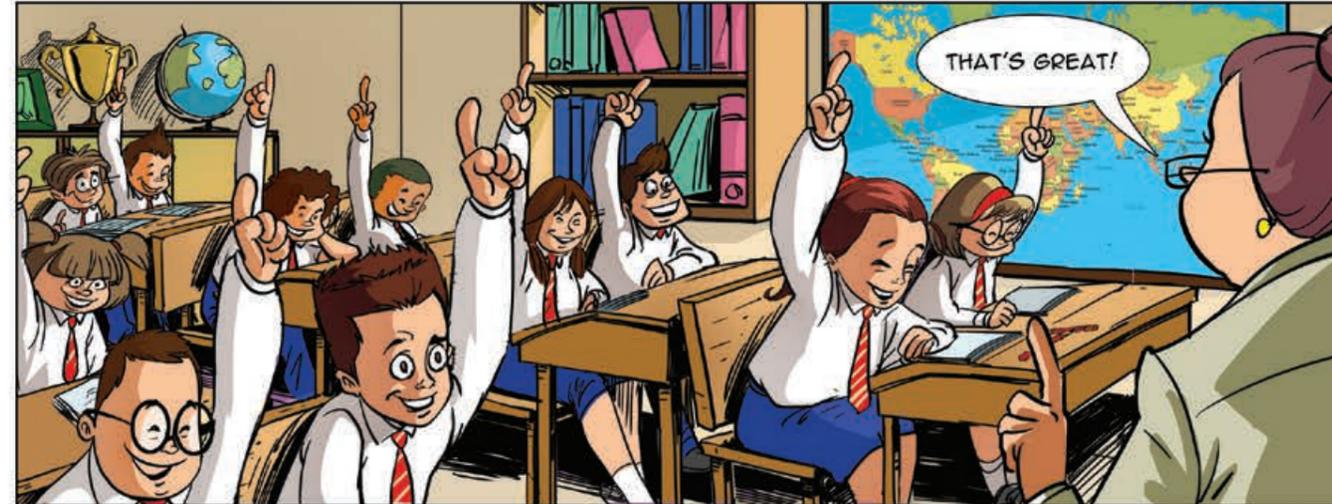
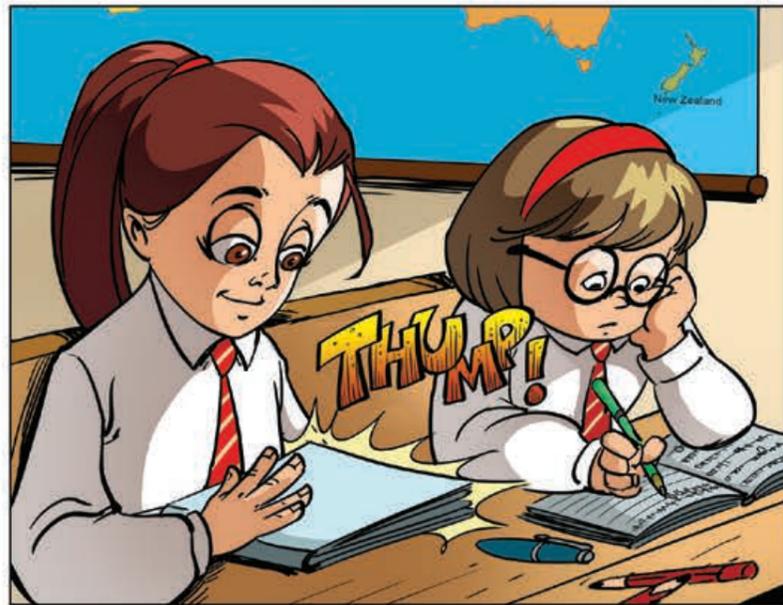
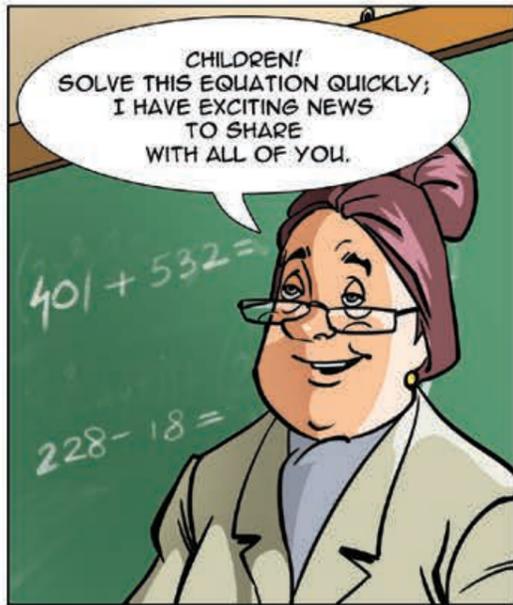
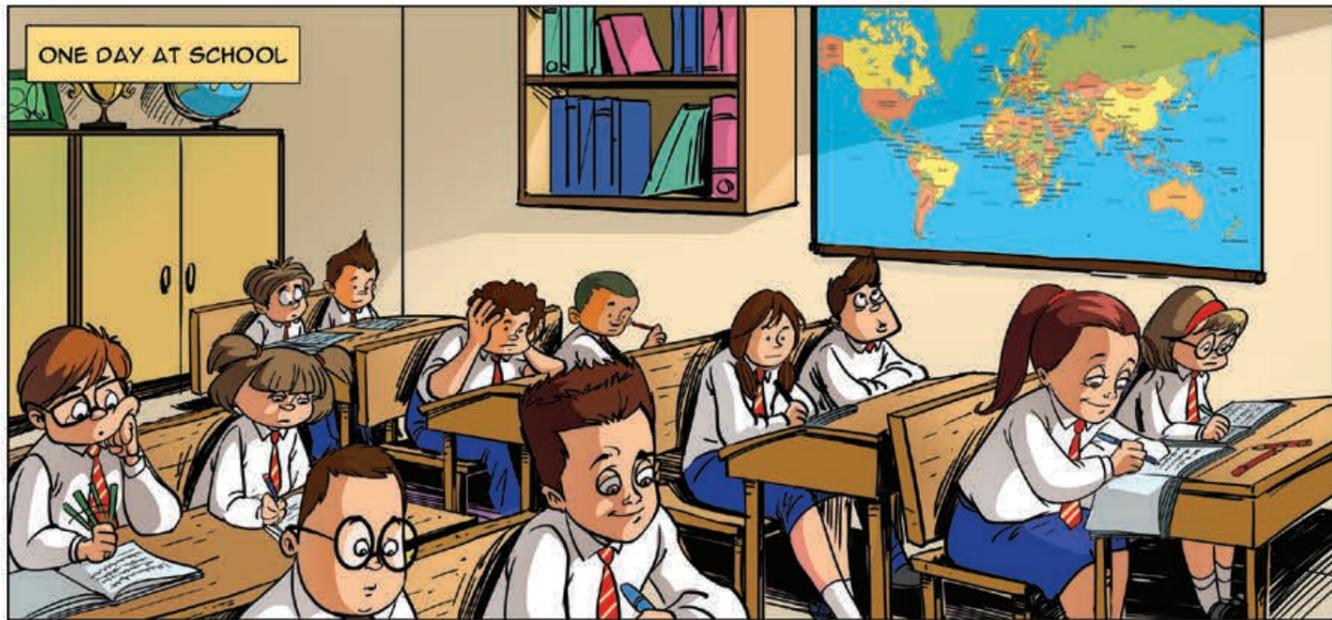
**#2**  
**ISSUE**

# **SUPER KIDZ**

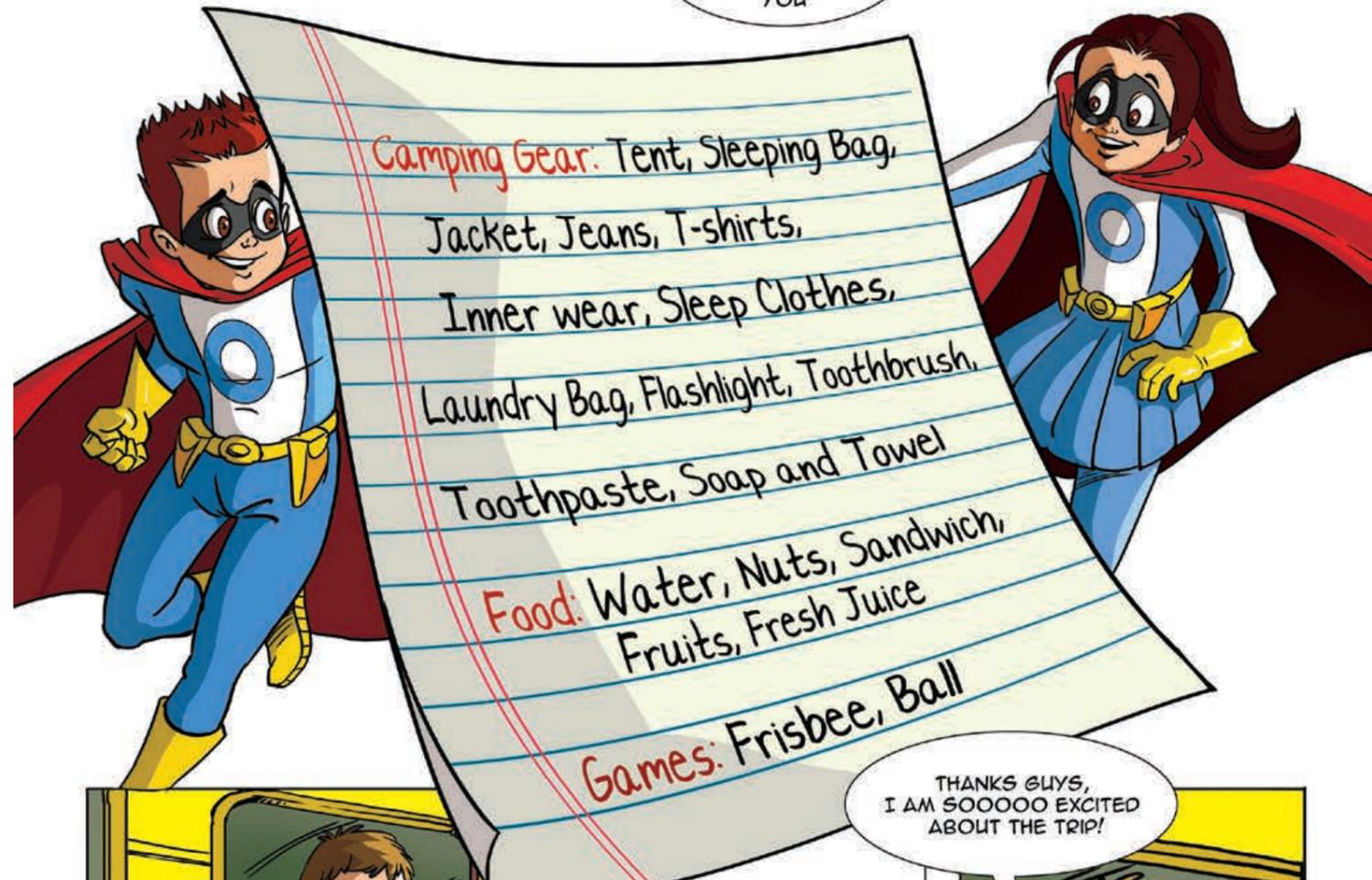
## **SAM AND SARA'S CAMPING CHALLENGE**



An Initiative By  
 **LANDMARK  
GROUP**

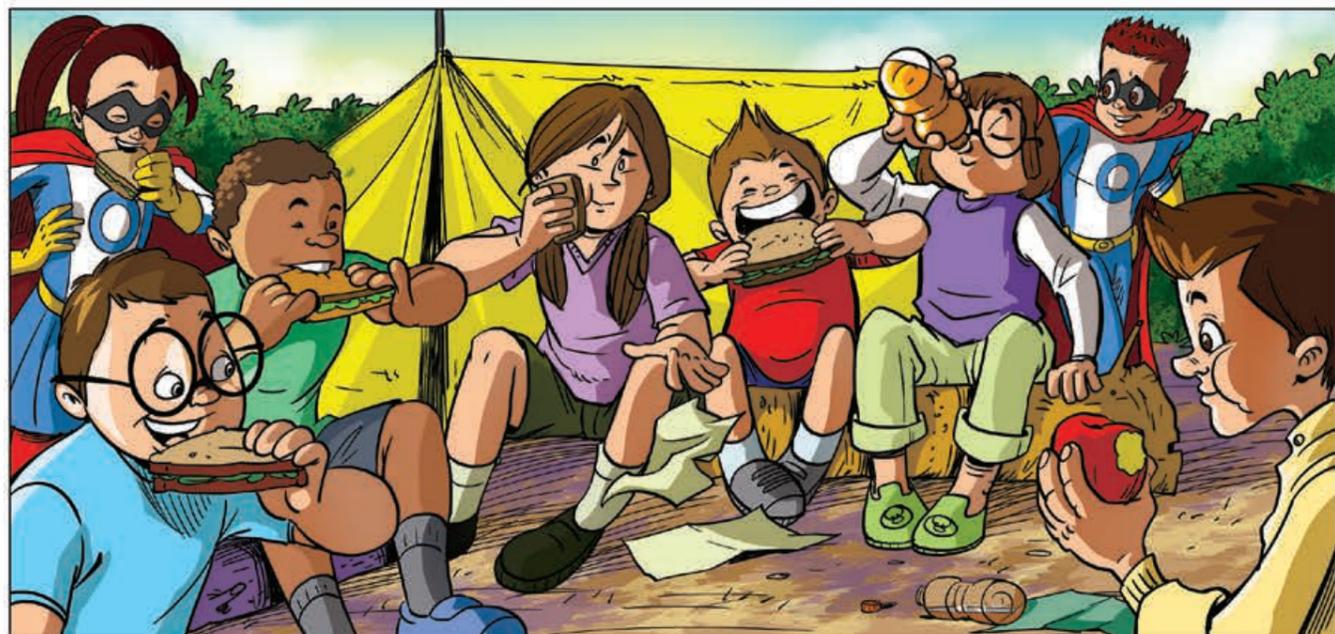
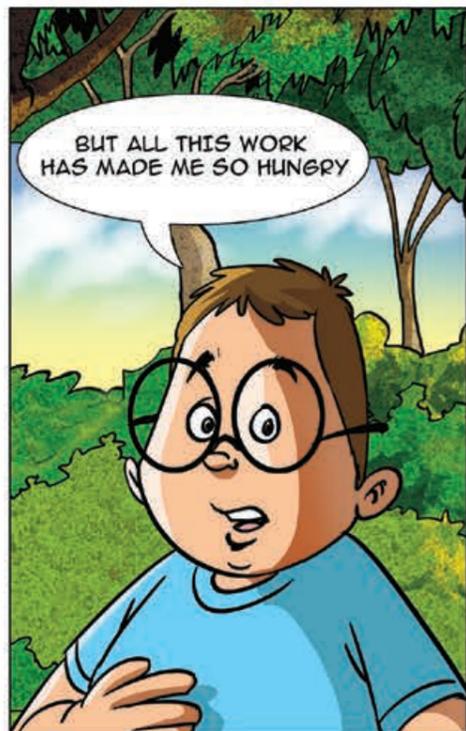














# MY SUPER CAMPING LIST

## MY 5 FAVOURITE CAMPING GAMES:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

## MUST PACK CAMPING GEAR:

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## HEALTHY FOOD TO PACK WHILE GOING CAMPING:

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# SUPER KIDZ LOVE TO EAT



## CARROT & OATS CAKE

**Prep time: 15 minutes**

**What do you need:**

- 1 large carrot, peeled and grated
- 1 large banana, mashed
- 1 cup rolled or jumbo oats
- 1 cup milk of your choice (rice, oat or coconut milk)
- 1 teaspoon cinnamon
- 1 teaspoon mixed spice
- 1/2 teaspoon nutmeg

**What to do:**

- Peel and grate the carrot and mash the banana.
- Mix all ingredients together in an airtight container and store in the fridge overnight.
- Serve alone or topped with nuts, seeds, fruit and/or yoghurt.



## SUPER HALLOUMI VEGGIE SANDWICH

**Prep time: 15 minutes**

**What do you need:**

- 1 large focaccia/ciabatta bread loaf
- 100 grams halloumi cheese
- 1/2 cup rocket leaves
- 1/2 cup alfa alfa sprouts
- 1/2 sun dried tomatoes
- 1/4 cup hummus
- 1 pinch salt and pepper to taste

**What to do:**

- Slice the halloumi, and place in a frying pan over a medium heat, and cook on both sides till medium brown.
- Cut the bread loaf and make two equal halves
- Spread the hummus equally
- Add the rocket leaves, alfa alfa sprouts and sun dried tomatoes to the bread
- Place the halloumi cheese slices
- Sprinkle salt and pepper to taste

**Tip:** You can add olives/pickled cucumber for extra flavor

## MEATY PASTA



**Prep time: 30 minutes**

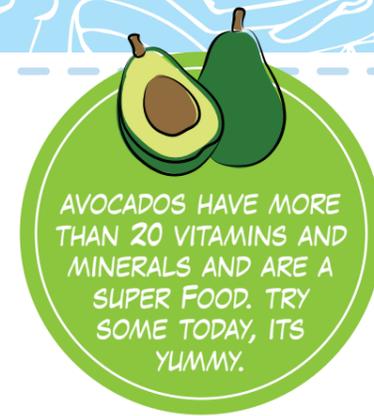
**What do you need:**

- 4 servings macaroni
- salt
- 1/2 small onion, finely chopped
- 2 green bell peppers, finely chopped
- 1 zucchini, finely chopped
- olive oil
- 300 grams ground meat (chicken/beef/turkey)
- 500 grams pack crushed/pureed tomato
- 4 tablespoons ketchup
- 1 teaspoon chili powder
- 100 grams sharp cheese, grated

**What to do:**

- Boil the pasta in salted water, as per the package instructions.
- Meanwhile, chop the onion, bell peppers and zucchini.
- Heat a little olive oil in a large fry pan. Add the onions and the ground meat and fry for 2 minutes. Add the chopped peppers and zucchini and fry until browning. Drain off the grease.
- Stir in the pureed/crushed tomato, ketchup and chili powder.
- Add the pasta, and grate in the cheese.
- Taste to check the seasoning and adjust as necessary. Serve hot.

**Tip:** The pasta will keep refrigerated for upto 2 days.



AVOCADOS HAVE MORE THAN 20 VITAMINS AND MINERALS AND ARE A SUPER FOOD. TRY SOME TODAY, ITS YUMMY.



## SECRETLY HEALTHY CHOCOLATE MOUSSE

**Prep time: 5 minutes**

**What do you need:**

- 2 large avocados, roughly chopped
- 2 bananas, roughly chopped
- 5 tablespoons coconut oil
- 8 tablespoons cocoa powder
- 4 tablespoons honey or maple syrup
- 1 pinch salt

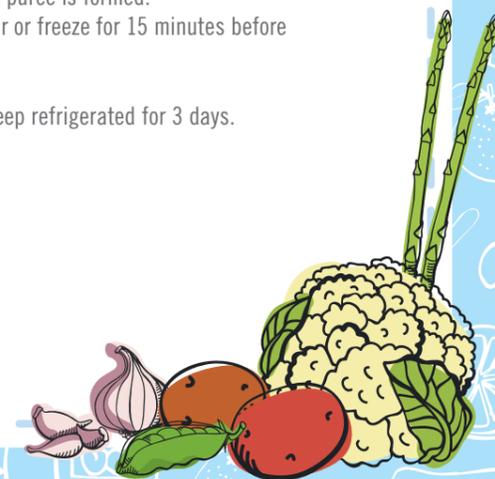
**What to do:**

- Roughly chop the avocado and banana.
- Place in your mixer/blender. Add the other ingredients and blend until a smooth puree is formed.
- Refrigerate for 1 hour or freeze for 15 minutes before eating.

**Tip:** The mousse will keep refrigerated for 3 days.



BROCCOLI IS ONE OF THE MOST NUTRITIOUS VEGETABLES FILLED WITH VITAMIN C. WANT TO BE A SUPER KID? THEN EAT BROCCOLI JUST LIKE THEM.



# BRAIN ACTION

## SUPER SHARP



CAN YOU FIND THE FOLLOWING WORDS  
IN THE PUZZLE:

CAMPING

TENT

FRISBEE

WATER

SLEEPING BAG

NUTS

SANDWICHES

NATURE

TREE

BALL



## SPOT THE DIFFERENCE

DO YOU HAVE SPECIAL VISION? FIND THE 6 DIFFERENCES!



# COLOURING FUN

COLOUR IN THE PICTURES OF SAM AND SARA. ONCE DONE, GET YOUR PARENTS TO TAKE A PICTURE AND EMAIL TO [SUPERKIDZ@LANDMARKGROUP.COM](mailto:superkidz@landmarkgroup.com) AND STAND A CHANCE TO WIN A PRIZE. (VALID TILL DECEMBER 2015)



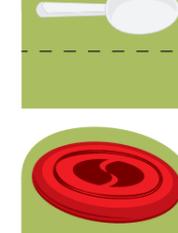
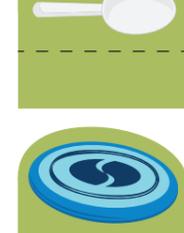
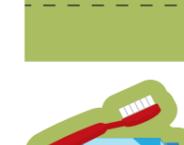
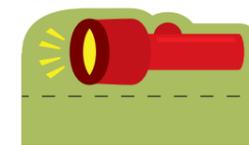
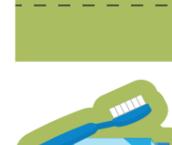
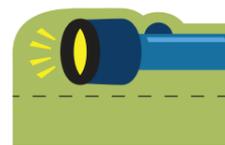
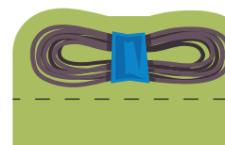
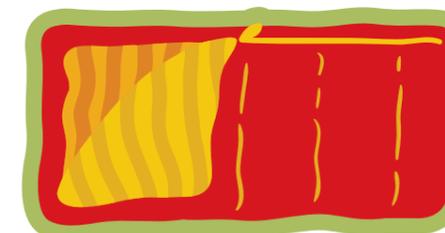
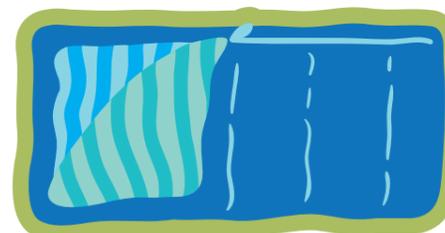
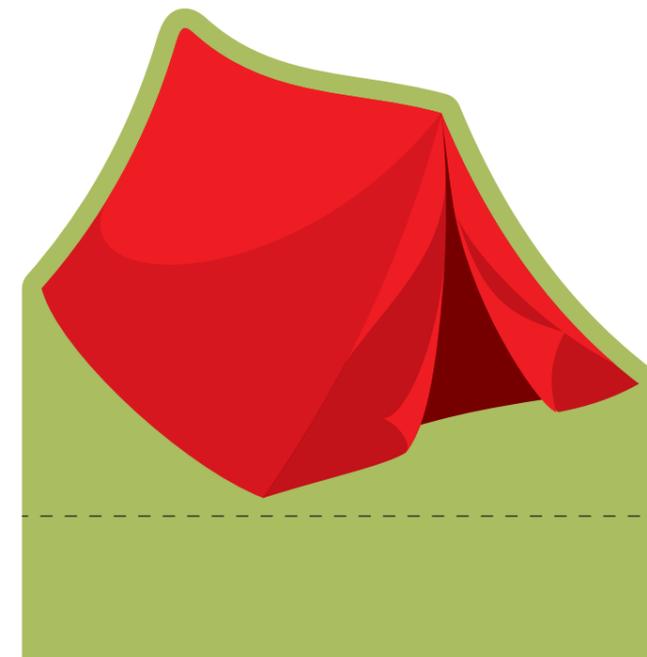
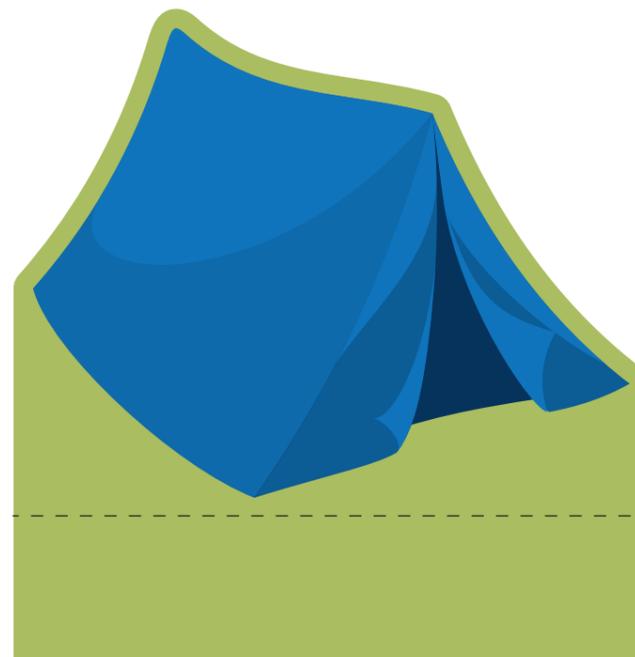
**SUPER SAM**



**SUPER SARA**

# LET'S GO CAMPING!

SEE GAME RULES AT THE BACK OF THIS PAGE.



# HOW TO PLAY:



1. CUT-OUT ALL THE CAMPING ITEMS AND **FOLD ON THE DOTTED LINES** TO MAKE THEM STAND.
2. PLACE ALL THE CUT CAMPING ITEMS ON ONE SIDE.
3. EACH PLAYER CHOOSES A CAMPSITE FROM THE NEXT PAGE.
4. GET ONE DICE AND PLAYERS TAKE TURNS TO ROLL IN AN ATTEMPT TO WIN CAMPING ITEMS.
5. PLAYERS MUST FOLLOW THE DICE RULES ON THE NEXT PAGE.
6. GAME CONTINUES UNTIL ALL CAMPING ITEMS ARE OVER.
7. THE CAMPSITE WITH THE MOST CAMPING ITEMS WINS THE GAME!

## EXAMPLE:

PLAYER 1 CHOOSES SUPER SAM'S CAMPSITE, GETS NO. 1 ON THE DICE AND PICKS A TENT.



SUPER SAM'S CAMPSITE

SUPER SARA'S CAMPSITE



## DICE RULES :

- ROLLED 1 : PICK 1 CAMPING ITEM
- ROLLED 2 : GIVE 1 OF YOUR CAMPING ITEMS TO THE OTHER PLAYER
- ROLLED 3 : TAKE 1 CAMPING ITEM FROM THE OTHER PLAYER
- ROLLED 4 : SKIP YOUR TURN
- ROLLED 5 : WIN AN EXTRA TURN
- ROLLED 6 : PICK UP 2 CAMPING ITEMS

## **SAM AND SARA'S CAMPING CHALLENGE**

SAM, SARA AND THEIR FRIENDS ARE SUPER  
EXCITED ABOUT THEIR CAMPING TRIP.  
HOWEVER, THIS NEW ADVENTURE IS MORE  
CHALLENGING THAN THEY REALISE! ARE THE  
SUPER KIDZ READY TO SAVE THE DAY?  
READ THE EXCITING NEW STORY INSIDE.



### **ABOUT SUPER KIDZ!**

**SUPER KIDZ** is a Landmark Group initiative, which focuses on creating awareness amongst children and parents about the importance of living a healthy and active lifestyle. The champions of the program are Super Sam and Super Sara, two lovable superheroes. By eating healthy and staying active, they exemplify all the qualities of being Super Kidz.

Download more Super Kidz comics and activities at [www.superkidz.me](http://www.superkidz.me)

You can also find out more information on our CSR Projects at [www.beatdiabetes.me](http://www.beatdiabetes.me)

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Landmark Group is one of the largest retail and hospitality conglomerates, operating over 2000 outlets across the Middle East, Africa and Indian Subcontinent.

To know more about Landmark Group, visit [www.landmarkgroup.com](http://www.landmarkgroup.com)