



HELLO, PARENTS & GUARDIANS! WE ARE BEEZEE BODIES, AND WE WORK WITH HERTFORDSHIRE COUNTY COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR FAMILIES.

### WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW 12 WEEK COURSES STARTING NEAR YOU WEEK COMMENCING 21ST FEBRUARY.

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

**CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILY'S FREE PLACE**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>WELWYN</b> Ridgeway Academy 17:00 - 19:00	<b>STEVENAGE</b> Barnwell Middle School 17:30 - 19:30	<b>CHESHUNT</b> Goff's Academy 17:00 - 19:00	<b>WATFORD</b> Knutsford Primary School 17:30 - 19:30
<b>HARPENDEN</b> Katherine Warington School 17:30 - 19:30		<b>HEMEL HEMPSTEAD</b> Longdean School 17:30 - 19:30	<b>HERTFORD</b> The Sele School 17:30 - 19:30
<b>BOREHAMWOOD</b> Allum Hall 17:00 - 19:00			
<b>ONLINE</b> Age 9 - 12 17:30 - 18:30	<b>ONLINE</b> Age 5 - 8 16:30 - 17:30	<b>ONLINE</b> Age 5 - 8 17:30 - 18:30	<b>ONLINE</b> Age 9 - 12 16:30 - 17:30



CELEBRATE THE YEAR OF THE TIGER WITH THIS CHINESE INSPIRED NOODLE DISH!



### WHAT YOU'LL NEED:

- 200g mushrooms, sliced
- 4 spring onions, sliced
- 2 peppers, seeds removed and cut into strips
- 150g sugar snap peas
- 3 skinless, boneless chicken breasts, diced
- 340g egg noodles
- 2tbsp reduced sugar or "light" sweet chilli sauce
- 1 ½ tbsp. reduced salt soy sauce

### WHAT TO DO:

- Wash and cut your vegetables. Put them in a bowl and set aside for later.
- Cut the chicken into bite size pieces.
- Heat 1tbsp of vegetable oil in a large frying pan, then stir- fry the chicken for about 3 mins until golden and cooked through.
- Add all the vegetables, stir and cook until the vegetables have softened.
- While the vegetables and chicken are cooking, prepare your noodles following the packet instructions. Place noodles into a large pan and cover with boiling water. Simmer for 4 mins, loosening the noodles with a fork. Drain well in a sieve.
- Add the noodles, sweet chilli and soy sauce to the frying pan and toss everything together for a final 2 mins of cooking. Serve straight away and enjoy!



[beezeebodies.com](http://beezeebodies.com)

BeeZee Families

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