

# HASLEMERE HEALTH CLINIC: HEALTHY EATING

GROUP A: GRACE POWER, ECHO MCINTOSH, BROOKE SUTHERLAND AND SAMANTHA HALL



a b c d e f g h i j k l m n o p q r s



# INSPIRATION

‘Citrus, illustrated’ – illustrator: Rebecca Hollingsworth

‘Air fryer’ – Kay and Kate Allinson

Jovane Hollingsworth -  
Illustrator



## Kumquat and Chile Baked Salmon

Here's a hearty, healthy dinner for busy weeknights when you need to get food on the table, and fast. Umami baked salmon paired with a tangy kumquat glaze with a hint of chile is the perfect way to use up any kumquats you have sitting in the fruit basket.

- 4 OZ (115 G) KUMQUATS, SLICED THIN
- 2 JALAPEÑO PEPPERS, SEEDS AND CHOPPED
- 2 Tbsp GRANULATED SUGAR
- ZEST AND JUICE OF 1 MEDIUM LEMON
- 1 Tbsp WHITE WINE VINEGAR
- FOUR 6 OZ (170 G) SALMON FILLETS
- 1 Tbsp CANOLA OIL
- SALT
- FRESHLY GROUND BLACK PEPPER

1. In a small saucepan on medium-high heat, combine the kumquats, jalapeños, sugar, zest, and vinegar with 1 cup of water. Cook, stirring occasionally, until the liquid has thickened, 14 to 16 minutes.
2. Remove from the heat, stir in the lemon juice, and set aside.
3. Pat the salmon with a paper towel to blot off any moisture. Heat the oil in a large sauté pan on medium heat. Add the salmon, skin-side down, and season with salt and pepper. Cook for 8 minutes, broiling and crisping the skin before moving or flipping the fillets.
4. Turn over the fillets and sear for 1 minute more. Transfer to a serving plate and top with the kumquat sauce.



**BANANA and RASPBERRY FRENCH TOAST**

10 MINS 6 MINS SERVES 2

**PER SERVING:** 366 KCAL, 705G CARBS

**PER RECIPE:** 4 slices medium white bread, crusts removed  
2 medium eggs  
1 tsp canola oil  
1 tsp granulated sugar  
1 tsp ground cinnamon  
4 tsp reduced-fat cream cheese  
4 tsp maple syrup  
2 small whole raw bananas, thin slices cooking spray  
8 raspberries, to garnish

**Everyday Light**

If a slice of Fruity French Toast sounds right up your street, you'll be pleased to hear this slenderness-friendly version cooks in just 6 minutes per serving (think wow, go home!). Any time you fancy an indulgent breakfast or a quick-yet-decadent dinner, it's an ideal choice before you know it. The banana-filled bread is drenched in our vanilla-scented egg mixture and air-fried to golden perfection. All that's left to do is drizzle with our maple syrup and cream-cheese combo, garnish on the raspberries and enjoy!

Using a bowl big enough to fit a slice of bread, beat the egg, vanilla and sweetener with a fork or balloon whisk until well mixed, then set aside.

Mix the cream cheese and maple syrup together in a small bowl, until it is free from any lumps. Set aside.

Put one end of a half of the bananas in a bowl, wash roughly with a fork, then spread the other half slices of bread. Place the other slices of bread on top and press down firmly.

Carefully place the first sandwich into the bottom egg mixture until the bread has absorbed a quarter of the egg mixture, then flip it over for the other side of bread to cook up a little. Repeat for the second sandwich while the first is cooking.

Spray the air-fryer basket with non-stick cooking spray. Carefully remove the first sandwich from the bowl (it will be very soggy) and place in the air fryer. Air fry for 3 minutes at 200°C. Carefully flip, then cook for another 3 minutes, it's ready when the bread is crisp and golden. Repeat with the second sandwich.

Place on a warm plate, slice the remaining piece of banana, then use to garnish the sandwiches along with the raspberries. Finally, drizzle with the cream cheese and maple syrup sauce and serve.

**TIP:** Use white granulated sweetener for extra low-calorie French toast.



We've included the general style and layout of cookbooks into the film. With bright colours and geometric shapes.

Wes Anderson's aesthetic composition and filming have also been an inspiration. Image on the right from 'Isle of dogs'.




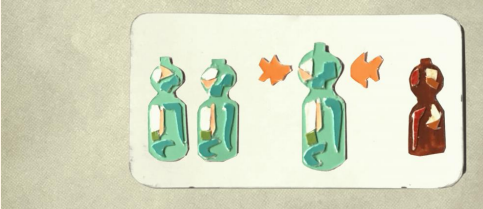



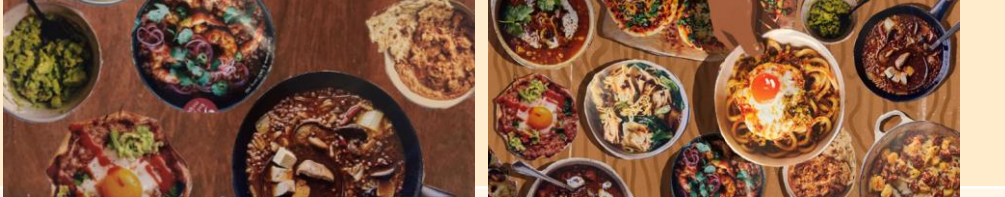



# SCRIPT

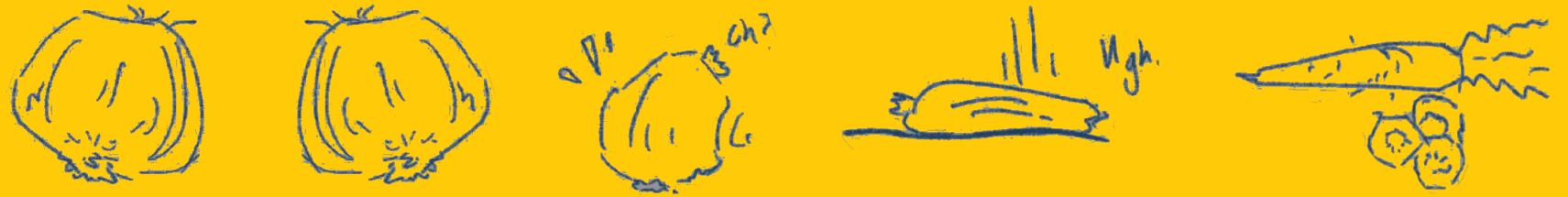
Tone: upbeat to engage viewers when delivering informational lines

Begins with factual information inside a cookbook in a digital animation style. Moves out of the cookbook and describes lifestyle medicine in a cutout/collage style.

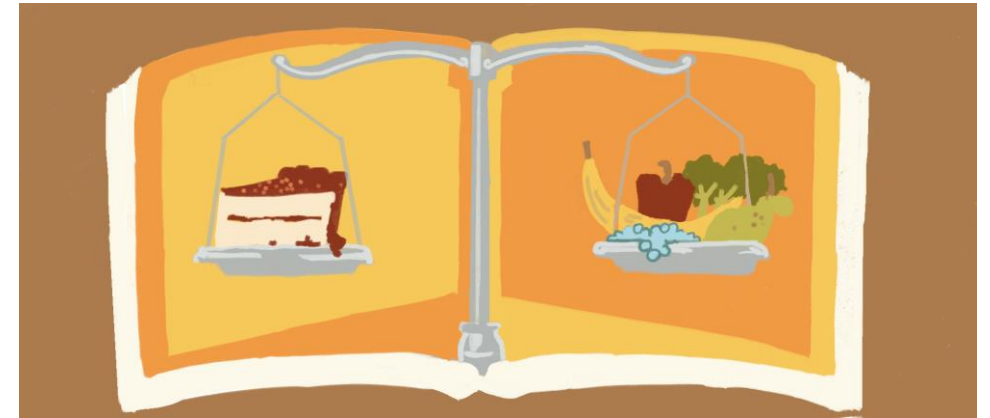
No.	Voice over	Storyboard	Visual and action description	Text on screen	timing
0	(no voiceover intro)		Front of a cookbook with brand logo	'healthy eating'	0:02
1	Our diets play a large role in our lives, when unbalanced it can weaken our immune system and increase fatigue.		(within cookbook) Processed foods point to figure. The character then walks across the page drowsily and begins to turn green.	'poor diet'	0:08
2	A balanced diet helps avoid these problems as it makes sure our bodies are getting the right nutrients.		(within cookbook) scales are weighed down by one piece of unhealthy food and is balanced out with lots of healthy food on the other side.	'balanced diet'	0:14
3	(no voiceover)		Cookbook closes.		0:16

No.	Voice over	Storyboard		Visuals and action description	Text on screen	timing
4	So what can you do?			(outside cookbook) Tilt up from cookbook to fridge, fridge magnets on fridge spell out words.	'what can you do?'	0:18
5	Simply swapping fizzy drinks for water is an easy way to avoid unnecessary sugars.			(outside cookbook) fridge opens to fizzy drink, skeleton fish swim around it. A hand pushes it away to reveal appetizing bottles of water with goldfish swimming around it		0:26
6	You can also start meal planning, helping you realise and minimise the saturated fats, sugars and salts in your diet			(outside cookbook) fridge closes, meal plan on fridge shows nutritional traffic light system on different foods.		0:32
7	And by Cooking from home, it makes healthy choices easier. Having more control over your food, while making large batches for easy meals.			(outside cookbook) camera follows countertop of chopping and cooking ingredients in batches.		0:38
8	You can get family and friends involved, not only to boost mental- wellbeing but to introduce you to food from all around the world.			(outside cookbook) birds eye view of table as hands place down different cultural dishes		0:44
9	But don't feel pressured to eat more than your body allows, you can always box up leftovers to enjoy another day!			(outside cookbook) some plates are empty and others fold up into Tupperware boxes		0:50

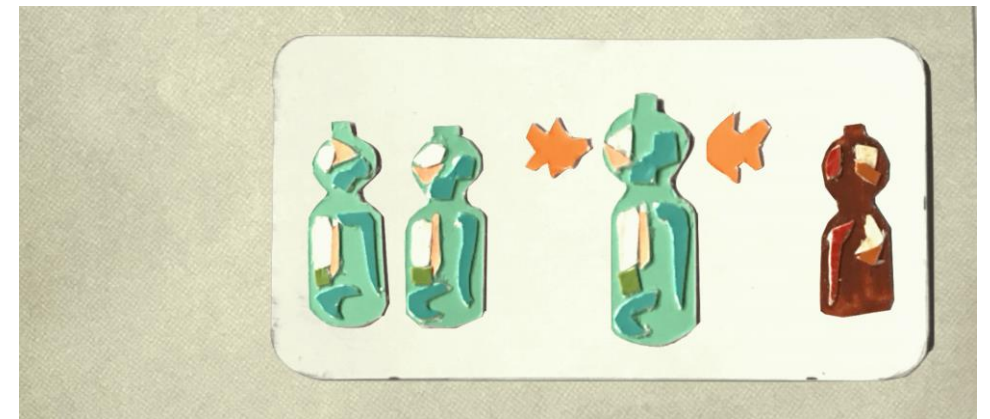
# STYLE FRAMES



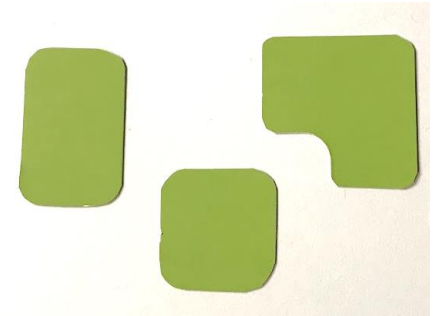
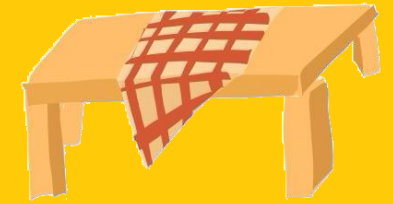
Inside cookbook has  
smooth digital look with  
bright colours  
< >



Outside the cookbook  
(lifestyle medicine section)  
is a mix of collaged, cutout  
and painted. The colours  
are bright but more natural  
and the analogue  
techniques emphasise  
realism  
< >



# CHARACTER AND BACKGROUNDS



'Characters' will be different hands to perform tasks in the shots, e.g. chopping, passing plates or grabbing bottles

Backgrounds are cutouts from kitchen/cooking magazines or coloured card samples. We are also looking at doing painted backgrounds.