

BBC

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Top tips to stay  
healthy and  
hydrated in the heat



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# GoodFood

MIDDLE EAST



## SUMMER ON A SPOON

Enjoy cool and creamy treats all summer long



### MORE CHILLED

Enter your innovative  
ice cream flavour  
and win!



### RAMSAY

Make smart  
summer salads with  
Gordon Ramsay



### YALLAH

Emirati cuisine at  
its best from  
Chef Musabbeh