

Activity 1



Activity 2

Food Word Search

Can you find all the hidden words below?

Types of Food

E B S C E T C C O N I O N E
 H C U O O T H A L O G O O R
 O S H T S O K S A A O G T A
 T T T I T R E S E N D N V D
 D E M N O E S E R U T O D I
 O A O P E D R R E T O O I S
 G K D A E R B O C N H D N H
 S S L L O R R L M N S L N D
 T C T A N U I E B A H E E F
 L E T T U C E D A T H S R R
 T R I T T E H G A P S C S U
 S O H R C S M A C A R O N I
 L O D O O F T S A F O H O T
 E O T E R S D L T N N D E R

CEREAL
 MACARONI
 TV DINNER
 CASSEROLE
 BREAD
 PORK
 NOODLES
 FAST FOOD
 LETTUCE
 ROLLS
 STEAK
 SPAGHETTI
 ONION
 BUTTER
 HOTDOGS
 TUNA
 RADISH
 HOT DOG
 FRUIT
 HAM

Flavour

S S E N O M E L M B Y F S O
 Y Y T A N A N A B R R C S M
 Y R O R R O S E R M E I R O
 R A R T A L C E E T R N O O
 R O I E O W B E A B S N N S
 E E G E B E B L P M B A V L
 B G Y N U P O E M O E M A T
 K N B L A C S M R I T O N O
 C A B O O M C A E R N N I F
 A R B H T R E T R Y Y T L F
 L O C A N I S E E D I M L E
 B G C C O F F E E E N N A E
 A N B E C I R O U Q I L F N
 R I E R E L L E B I I C C Y

TOFFEE
 STRAWBERRY
 BLUEBERRY
 CHOCOLATE
 BLACKBERRY
 RASPBERRY
 VANILLA
 LEMON
 ORANGE
 LIQUORICE
 ANISEED
 ROSE
 COFFEE
 MINT
 BANANA
 MANGO
 CINNAMON

Activity 3



Instructions

Here's a simple recipe for a Homemade Wedges

Things you will need:

3 large
potatoes



50ml olive oil



5g smoked
paprika



10g salt



5g cumin seeds



5g garlic powder



15g fresh
rosemary



200g milk
chocolate chips



Wash hands before beginning

1. Preheat the oven to 220 degrees C
2. Cut your potatoes into large segments, keeping the skin on
3. Once cut, place them into a bowl of cold water for 15 minutes
4. Add the table salt to a saucepan of water and bring to a boil
5. Once the salt water is boiling, add the wedges to the saucepan and boil for 5 minutes
6. Drain the saucepan and leave the wedges to dry for 2 minutes
7. Whilst the wedges are drying out, mix olive oil and spices together, then sprinkle over the wedges to season
8. Spread the wedges evenly across an oven tray and bake for 15 minutes
9. After 15 minutes, turn the wedges, add rosemary and bake for another 15 minutes until the chips are crispy and golden,
10. Now let them cool for a few minutes and enjoy

Why not post a photo to the **Staff and Volunteers** Facebook group

Resources



Resources

Mental Health Delta Division

MHDD have made an interactive website that covers many aspects of suffering from mental health. There are interactive games that you can explore and learn about new coping mechanisms with the different forms of mental health. These are easy to access and easy to read. Please take a look and follow all the links on the page – A must see!

<https://mentalhealthdeltadivision.com/interactive-games/>



Happiness Podcasts - 19 of the best happiness podcasts

Check out The Gardening Channel - which shares many tips on how to maintain your garden produce. Whether you are having problems with controlling pests, or simply wanting to know when is the best time to harvest your fruit and vegetables, there is something here for you keen gardeners. Take a look and tell us what you think.

<https://www.youtube.com/user/ThePermaculturGarden>

