



# Activity 3











# Instructions

## Making Tuna Pasta Salad

What to have a go at something new?  
Why not try and making some pancakes?

### Things you will need:

Spring Onions		400g Pasta	
2 tins of tuna		350g drained sweetcorn	
2tbp of mayonnaise		2 pinches of black pepper	
Saucepan		Mixing Bowl	

## Step 1 – Preparation

### Wash hands before beginning

1. Drain out your tuna and sweetcorn and add place them into a mixing bowl
2. Chop off the roots of your spring onions, slice and add to the bowl
3. Place 2 tbsp of mayonnaise into the bowl
4. Add your 3 pinches of ground pepper
5. Cover up and place in the fridge until ready to use



# Instructions



# Activity 4

## Step 2 – Cooking

1. Fill a saucepan up to about three-quarters of water and bring to boil
2. Put your of pasta into the pan of water
3. Cook your pasta until it is tender and soft enough to bite
4. Using a colander / strainer ( if you have one )Tip out the water carefully leaving just the cooked pasta
5. Place the pasta back in the saucepan
6. Get your bowl of mixed tuna, sweetcorn, spring onion and mayonnaise out of the fridge and add to the saucepan

**NOW SERVE AND ENJOY!**

Don't forget to send photos of your salad to  
[Ryan@stonebridgecityfarm.com](mailto:Ryan@stonebridgecityfarm.com)

## Sudoku

Fill in the grids so that each column, row, and box contains each of the numbers from 1 to 4.

1			4
	4	3	
	2	1	
3			2



1	3	2	4
2	4	3	1
4	2	1	3
3	1	4	2

4			1
1		3	
	4		3
3			2

1		4	1
4			
2	4		

		3	
1			2
1		2	
	3		