# **Activity 1**

# **Activity 2**

Read of these motivational quotes and remember we are all in this together!



make

vourself

proud





Do you have a favourite quote?

Ryan's favourite is: Happiness can be found in the darkest of times, if one only remembers to turn on the light. - Albus Dumbledore

#### **GRAPE** PLUM MELON **APPLE ORANGE** PEAR LEMON **POMELO** COCONUT **TOMATO** BANANA **CHERRY** DATE **GUAVA** KUMQUAT LYCHEE

LIME

MANGO

Can you find all the Fruits?

## **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

- 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

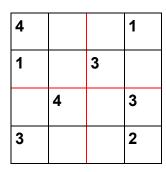
#### **NOW SERVE AND ENJOY!**

Don't forget to send photos of your salad to Ryan@stonebridgecityfarm.com

### Sudoku

Fill in the grids so that each column, row, and box contains each of the numbersfrom1 to 4.

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



1		4	1
4			
2	4		

		3	
1			2
1		2	
	3		