

ן וס ACTIVITY BOOK







ACTIVITIES

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PRD.

B





Answers on page 25.



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Find all the words in the search below! Hint: The words may not be in a straight line!

2D SEAR

BIKE FIRE GUITAR COMPASS ROD MAP BACKPACK BOAT







5

Answers on page 26.









Match the baby animals to their parents by drawing a line to connect them. Then, colour them in!





CUCUMBER CATERPILLARS



20M PREP | 2 SERVINGS ALLERGENS: AVOCADO, PARSLEY, TOMATOES, CURRANT, CUCUMBERS

This creative cucumber snack is perfect for school lunch boxes and will help picky eaters fall in love with salad.

INGREDIENTS

- 250grams baby cucumbers
- 1/2 avocado, mashed
- 2 sprigs parsley, leaves discarded, stem cut **RECIPE LINK** into 2cm lengths
- 8 yellow tomatoes
- 200g punnet , Sweet Solanato® tomatoes
- 1 tsp currants

Source: Woolworths.com.au

SCAN THE QR

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11

CODE TO

5 METHOD STEPS

- 1. Cut a long, thin slice from the edge of 1 cucumber. Turnover and repeat. Spread 1 cut edge with a little avocado.
- 2. Using a skewer, make 2 holes in the base of 1 yellow tomato, 1cm apart. Insert parsley stems into each hole to form antennas. Press yellow tomato, stem-side up, into the avocado at one end of the cucumber, followed by 2 red tomatoes.
- 3. Using a little avocado, attach 2 currants to the front of the yellow tomato to form eyes. Repeat with remaining cucumber, avocado, tomato, parsley and currants to make 8 "caterpillars". Serve.



FAIRY SWIRL POPS



25M PREP | 18 SERVINGS ALLRGENS: MAY CONTAIN GLUTEN, WHEAT, EGG, MILK & LACTOSE

These 4-ingredient fairy bread-inspired cake pops are perfect for kids' parties.

INGREDIENTS

- 2 cups white chocolate melts
- 11/2 cups 100's and 1000's
- 250g packet jam mini rolls
- 250g packet chocolate mini rolls

4 METHOD STEPS

SCAN THE QR CODE TO ACCESS THE RECIPE LINK



Source: taste.com.au

- 1. Place chocolate melts in a small microwave-safe bowl. Microwave on HIGH (100%), stirring with a metal spoon halfway through, for 1 to 2 minutes or until melted and smooth.
- 2. Place 100's and 1000's in a shallow dish. Cut each roll into 3 equal pieces. Spread the outside of 2 pieces with melted chocolate. Dip immediately in 100's and 1000's, turning to coat. Press cut-sides of rolls in 100's and 1000's, brushing off excess. Repeat with remaining pieces.
- 3. Dip 4cm of each stick into the melted chocolate. Using picture as a guide, thread 1 jam piece and 1 chocolate piece onto each chocolate-coated end of stick. Stand for 10 minutes or until chocolate has set. Serve.



SUNSHINE SMOOTHIES



5M PREP | 4 SERVINGS

ALLERGENS: MILK, LACTOSE, BANANA, RASPBERRIES, HONEY, CAULIFLOWER, MANGO

This smoothie looks like a wunshine and it's packed full of fruit and veggies!

INGREDIENTS

- 1 banana
- 1 punnet raspberries
- 21/2 cup light milk
- 1/2 tsp honey
- 1/2 cup frozen cauliflower
- 1/2 cup frozen mango

4 METHOD STEPS

SCAN THE QR CODE TO ACCESS THE RECIPE LINK

Source: woolworths.com.au

- 1.Blend 2 cups milk, mango, banana and cauliflower in a blender for 2 minutes or until smooth and combined. Divide half the mixture between 4 serving glasses.
- 2. Add 3/4 of the raspberries and remaining milk to the blender and blend for 1 minute or until combined. Carefully pour into glasses and top with remaining raspberries to serve.



STRAWBERRY BANANA BREAD



35M PREP | 10 SERVINGS ALLERGENS: GLUTEN, WHEAT, EGG, MILK AND LACTOSE

PRD

Load up a chocolate brownie with a pile of <u>Easter</u> eggs for this easy Easter bake.

INGREDIENTS

- 2 cups (300g) self-raising flour
- 1 cup (220g) brown sugar
- 1 tsp baking powder
- 2 overripe <u>bananas</u>, mashed
- 2 Coles Brand Australian Free Range Eggs, lightly whisked
- 150g butter, melted
- 1/2 cup (125ml) buttermilk
- 1 cup (130g) chopped strawberries
- Strawberries, halved or quartered, extra, to decorate
- 75g strawberries, finely chopped
- 1 tbsp caster sugar
- 125g butter, softened
- 11/2 cups (240g) icing sugar mixture

SCAN THE QR CODE TO ACCESS THE RECIPE LINK



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Source: taste.com.au

See the next page for the 5 step method.

STRAWBERRY BANANA BREAD

5 METHOD STEPS

- Preheat oven to 180C. Grease and line the base and sides of a 10cm x 22cm (base measurement) loaf pan with baking paper, allowing the 2 long sides to overhang.
- Place the flour, sugar and baking powder in a large bowl. Whisk the banana, egg, butter and buttermilk in a medium bowl. Add the egg mixture and chopped strawberry to the flour mixture and stir to combine. Pour into the prepared pan. Bake for 1 hour or until a skewer inserted in the centre comes out clean. Set aside in the pan for 5 mins to cool before turning onto a wire rack to cool completely.
- Meanwhile, to make the strawberry buttercream, combine strawberry and sugar in a small saucepan over medium heat. Cook for 5 mins or until the sugar dissolves and strawberry breaks down. Cook for 2 mins or until mixture thickens slightly. Set aside to cool.
- Use an electric mixer to beat the butter in a bowl until very pale. Gradually add the icing sugar, beating well after each addition. Beat in the strawberry mixture.
- Spread the strawberry buttercream over the top of the banana bread. Top with halved or quartered strawberries.





PRESSED FLOWER SUNCATCHER



WHAT YOU'LL NEED

To press flowers

- A Hardcover Book
- Parchment Paper
- Paper Towel
- Extra Books for Weight

For Suncatcher

- Pressed flowers
- Small paper plate or bowl for tracing
- Self Laminating Sheets or you can use contact paper
- Scissors

SCAN THE QR CODE TO ACCESS THE INSTRUCTIONS LINK



See the next page for the method.



Source: thebestideasforkids.com

METHOD STEPS TO PRESS FLOWERS

- 1. Collect flowers that you want to press.
- 2. Fold over a piece of parchment paper and place inside a hardcover book.
- 3. Add a piece of paper towel inside the parchment paper.
- 4. Add the flowers to the paper towel.
- 5. Close the book and add extra weight on top.
- 6.Let dry for 1-2 weeks.

METHOD STEPS FOR FLOWER SUNCATCHER

- 1. Start by tracing a small paper plate or bowl two times onto a self laminating sheet.
- 2. Add the pressed flowers to the sticky side of the self laminating sheet.
- 3. Add another self laminating sheet on top.
- 4.Cut out the suncatchers.
- 5. You can hang on your windows with some double sided tape or glue dots.

Earth shaped seed Bombs



WHAT YOU'LL NEED

- 3-4 Packages of easy to grow Flower Seeds
- 3 Sheets of Blue, green and white Paper INSTRUCTIONS
- Food Processor
- Scissors
- Water
- 3 Small Containers
- Baking Sheet and Parchment Paper (drying seed bombs)

SCAN THE QR CODE TO ACCESS THE INSTRUCTIONS LINK



See the next page for the method.



Source: littlebinsforlittlehands.com

6 METHOD STEPS

- 1. Start by cutting your construction paper into one-inch squares. Place each color separately in a container.
- 2. Once you have cut up all your paper squares and each container is ready, add water. Cover the paper completely and allow to soak for 20 minutes.
- 3. When the 20 minutes is finished (the hardest part is always waiting), take one container and squeeze the excess water out of the paper. Place the paper in a food processor and pulse until the paper becomes pulp! Place the pulp back into its container. Go ahead and repeat with the next two colors until you have three containers of pulp!
- 4. Divide the packages of seeds between the three containers gently mixing them into the pulp.
- 5. Start by taking a bit of each color from each container and forming it into a ball! We wanted these to resemble the Earth for Earth Day. If you have chosen other colors that are great too! To make the Earth try not to mix up the colors too much.
- 6.Place your homemade seed bombs on a parchment lined baking tray. You can go ahead and press a few more seeds into the balls if you think they need a few more. Let your tray dry overnight.



3D LADY BUGS



WHAT YOU'LL NEED

- paper in red and black (and just a little bit of white)
- scissors
- stick glue
- black marker

5 METHOD STEPS

SCAN THE QR CODE TO **ACCESS THE INSTRUCTIONS** LINK



- 1. Cut a circle shape out of red paper (it's best to use construction paper as base). Cut strips of red paper.
- 2. Take one strip of paper and glue it onto the base as shown on the picture. Glue on the next one at a 90° angle to the first one. Continue with next two, placing them between the first two. Depending on the size of the ladybug you are making you will need, or better say be able to, add more strips of paper to make the body of the ladybug more full.
- 3. Cut the dots (we used the glue cap as a template) out of black paper. Also cut a half circle shape for the head and two antenna. Cut two small oval shapes out of white paper and draw the eyes with black marker.
- 4. Glue on the dots and head with the stick glue.



Source: easypeasyandfun.com



BOTTLE CAP HYACINTH PAINTING



WHAT YOU'LL NEED

- <u>light blue cardstock paper</u>
- green cardstock/construction paper
- <u>purple paint</u>
- empty water bottle
- <u>small paper plate</u>
- scissors
- glue

5 METHOD STEPS

1. Cut out skinny green stems and glue them onto your light blue cardstock paper.

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- 2. Pour some purple paint onto your small paper plate. Dip your water bottle lid into the paint and then print it onto your blue cardstock paper, around your green flower stems. Continue dipping the water bottle lid into the paint and back onto your paper until you have made your pretty hyacinth flowers.
- 3. You can leave the beautiful artwork as is or after your paint is dry, you can cut out some leaves from your green cardstock paper and glue them onto the sides of your pretty Hyacinth flowers.



Source: iheartcraftythings.com



The following pages include answers to the activity pages.











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MATCH THE ANIMALS





