

FOODY FUN

Doodle...

...faces on these fruits and vegetables.



What's inside?

The letters on these cans, boxes and jars are mixed up – can you put them into the correct order?



Eat the alphabet game

(Play this with a friend or two.)

Take turns thinking of foods that begin with A, then B, then C, then D... Here's an example of how it works:



I'm so hungry.
I could eat
an apricot.



I'm so hungry.
I could eat
an apricot
and some
blueberries.



I'm so hungry.
I could eat
an apricot, some
blueberries and
a cake!

Continue until someone forgets something on the list, or can't think of something that begins with the

Did you know?

BANANAS grow with their pointed ends facing UP, so they look as if they're upside down.



POPCORN isn't a modern invention. Popped corn from around 5,600 years ago has been found in a cave in New Mexico.

EGGS float in water if they've gone bad. So, if an egg floats, don't eat it!



We're fruit!



TOMATOES are used like vegetables in cooking, but they are actually the fruit of the tomato plant.

Quick and easy 'pizzas'

Heat your oven to 200°C, 400°F, gas mark 6.
To make a pizza, you will need:



1 onion



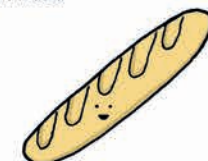
2 cloves
of garlic



2 tablespoons
of olive oil



400g (14oz)
can of chopped
tomatoes



a ciabatta or
baguette bread



250g (9oz) of
mozzarella cheese

Toppings
of your
choosing



ham



olives



pepperoni



salami



cherry tomatoes

1. Gently heat the onion and garlic in the oil, until soft.



2. Mix in the tomatoes and some ground black pepper. Turn up the heat a little.



3. Heat the mixture until it boils, then reduce the heat and let it bubble.



Heat me until
most of the liquid
has gone.

4. Carefully cut the bread in half and place it on a baking tray.



Spread the mixture onto the bread.



Then, add the cheese...



...and any toppings.



5. Bake the pizzas for about 15 minutes. Carefully lift them out of the oven. Let them cool for 5 minutes, then cut them up.



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