

BEAUTIFUL 4-STAR HOTEL VAL THORENS. IN THE 3 VALLEYS















AN AMAZING AND RARE OPPORTUNITY. The most stunning views in the Alps 100s of breathtaking walks with lakes, farms, play areas, sport, fun for the whole family.

The new MMV Club Hotel Les Arolles**** With Hechsher from HaRav Rottenberg shlita . The hotel is fully renovated and situated in the resort of Val Thorens. During your stay, you will occupy comfortable rooms holding 2 to 4 people, family connecting rooms available. We are offering a nutritious breakfast and a fleishig delicious dinner. Baguettes and spreads are available for lunch, tea, and coffee all day and snack shop available all day, You will be able to enjoy the Wellness Centre featuring Jacuzzi, sauna, and steam bath. 100s of fascinating walks, activities, and fun at your doorstep. Minyonim and Beis midrash available all day, Heimishe entertainment, live music and activities daily Children under 2 go free! (cots and high chairs available).

- Activities in the area include:
 Horse Riding, Zip Wire, Para Gliding, Farms, Outdoor Games, Archery, Fun Park.
- Sports: Tennis Trampolines, Biking,
 Table Tennis, Basketball, Football, Volleyball.
- Mountain top walks, 50 Stunning walks at your doorstep.

 Cable cars

Shuttles from airport available

The Hotel is available to book for dates: Tuesday 4th August - Tuesday 18th August 2020. It is possible to book for 7 days or 14 days.

Please note, we are taking bookings on a first come first serve basis - subject to availability. For further info or to book please email alpsplusholidays@gmail.com or call 020-8087-2425





Hilton Avisford Hotel

For more information and bookings please contact

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per couple per night

Refund will be given if Government does not allow opening of Hotels





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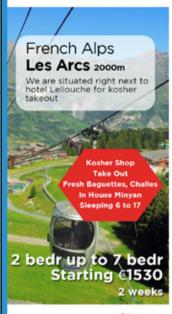
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Kahanayke



FRENCH ALPS





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Interview

What is Global Vacations?

We are dedicated to giving you the best holiday offers globally. We source premium accommodation and locations from budget to luxurious, from short stays to long get away's, from quiet escapes to popular resorts, all with a focus on guaranteed customer service.

Do you provide Kosher food?

We advise all options of Kosher food no matter your destination. When holidaying as part of a group booking, we link up with kosher restaurants and hotels to ensure fine Kosher food for our customers during their holiday stay for both weekday and Shabbos.

Where do you travel?

Whatever and wherever your destination, whether it's globally, in Europe, or more nearer to home in and around the British Isles, we will source and advise to ensure a hassle free exciting holiday down to the last detail accommodating all your requirements.

Do you arrange a Minyan?

When you are holidaying with us as part of a group booking, we set up a Shul complete with Sefer Torah and tea & coffee facilities where people can feel free and use the facilities and enjoy the warm atmosphere day and night. For private holiday bookings, we will advise as to the nearest Minyan.

Can you find me something specific?

Yes sure, our destinations and accommodations will suit your specific needs, whether it is accommodation with Kosher food, Minyan, swimming and spa facilities.

Our holidays will have thrilling activities for families and children of all ages as well as quiet retreats for those who simply want to relax sobering the breathtaking scenery and fresh healthy air!







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4th - 18th August 2020



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Activities in the area include:

- · Horse Riding, Zip Wire, Para Gliding, Farms, Outdoor Games, Archery, Fun Park
- · Sports: Tennis Trampolines, Biking, Table Tennis, Basketball, Football, Volleyball.
- Mountain top walks, 50 Stunning walks at your doorstep.
- · Čable cars

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For more info O8OO772O459 (free calls from mobile & landline) email: alpsplusholidays@gmail.com

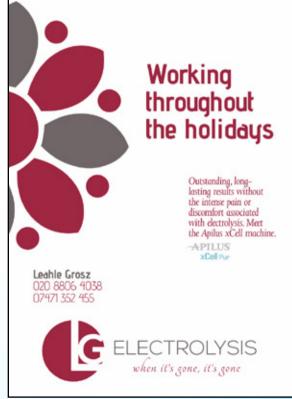


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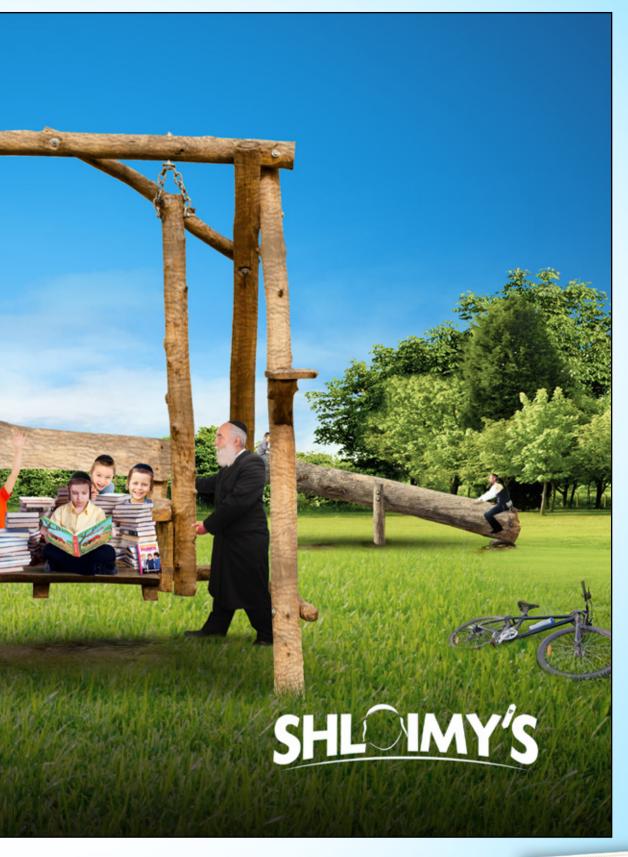
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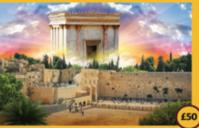




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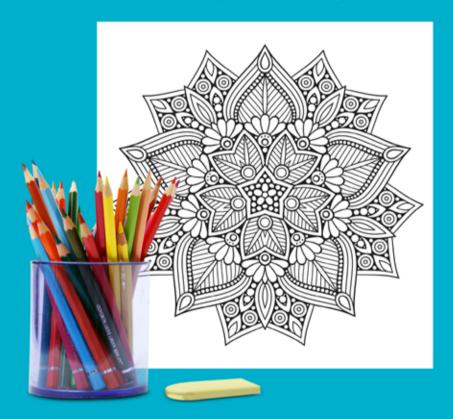




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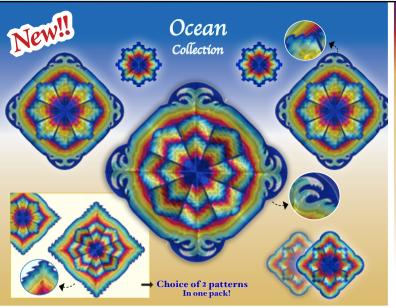


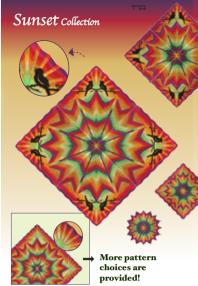
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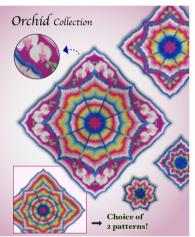


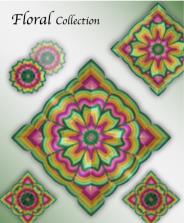
















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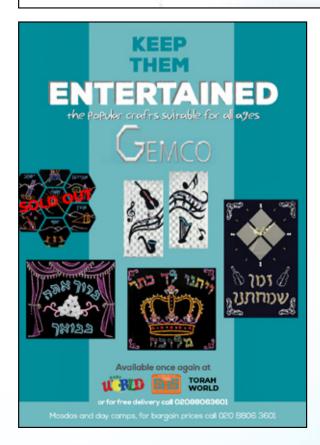


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While we have done our utmost to provide you with most accurate information, this may vary from family to family. We take no responsibility about the correctness of the day trip information provided. Please verify this independently.





NO EXCUSE

Day trips

All you need for your day trip:



Large outing bags (fits everything!)



Waterproof pouch



Cooler bag trolly



Backpack



Beach bags (inculding insulated)



Can cooler



Enjoy some music



Mini Baby powder (removes sand)



Thermos



Picnic Mat

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Botany Bay

Duration: as long as you enjoy the beach!

Close your eyes, smell the air and imagine you are in some exotic Greek island. At high tide enjoy the waves splashing around the chalk stacks. At low tide, enjoy wandering around the bay exploring caves and grottos. Look out for Kingsgate Bay Sea Arch for an amazing picture opportunity.

Parking is scarce, do not park on the private roads. You can park further up on the main roads.

Marine Dr. Broadstairs CT10 3LG

For more great places to visit, email "subscribe": holidays@thebagshop.co



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round pool 122cm diameter



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Outdoors





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Sand & water table small



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monopoly voice banking



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othello no loose pieces



rummikub classic



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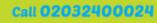


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amazing flower kit



CAM-9



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tea-light holders



my first knitting set



Activity Play Rugs (5 Types)



100 wooden blocks set incl storage barrel



scratch art cards



Quercetti fanta colour

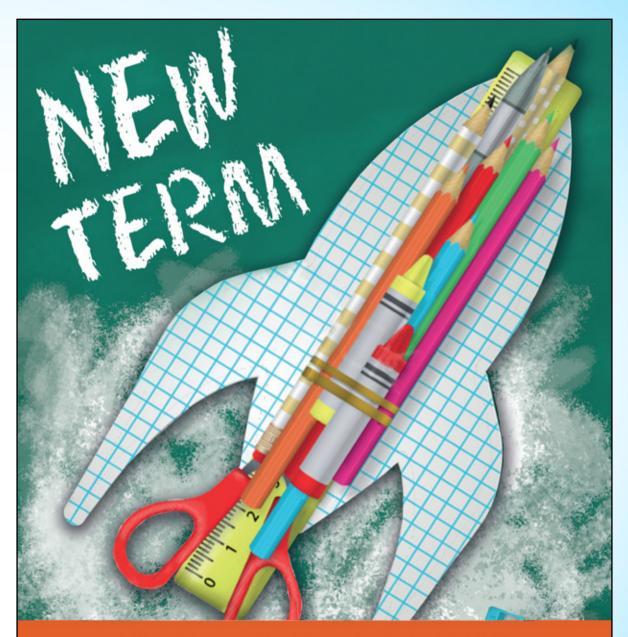


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ESSENTIALS

Back to school opening: Thursday 23.07





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Pool Cleaning Kit

















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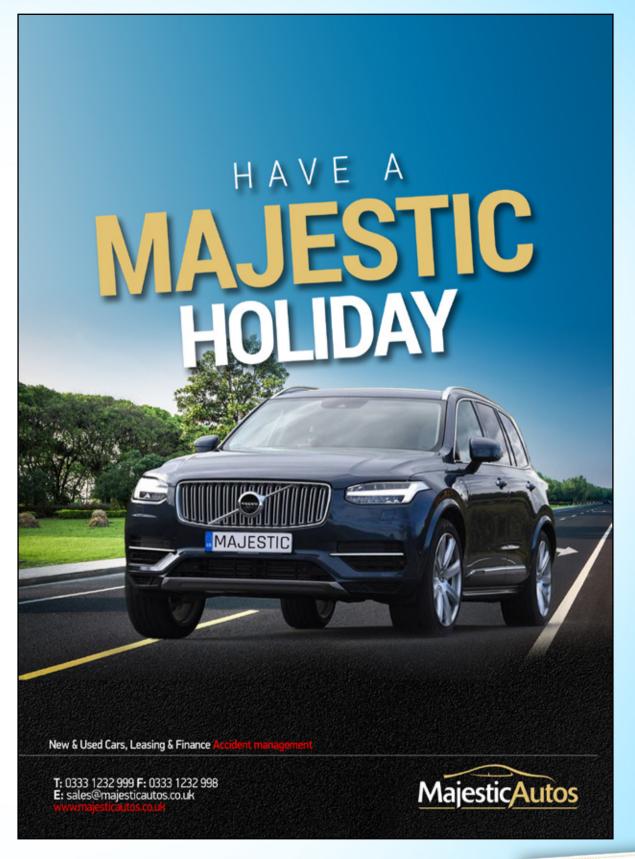
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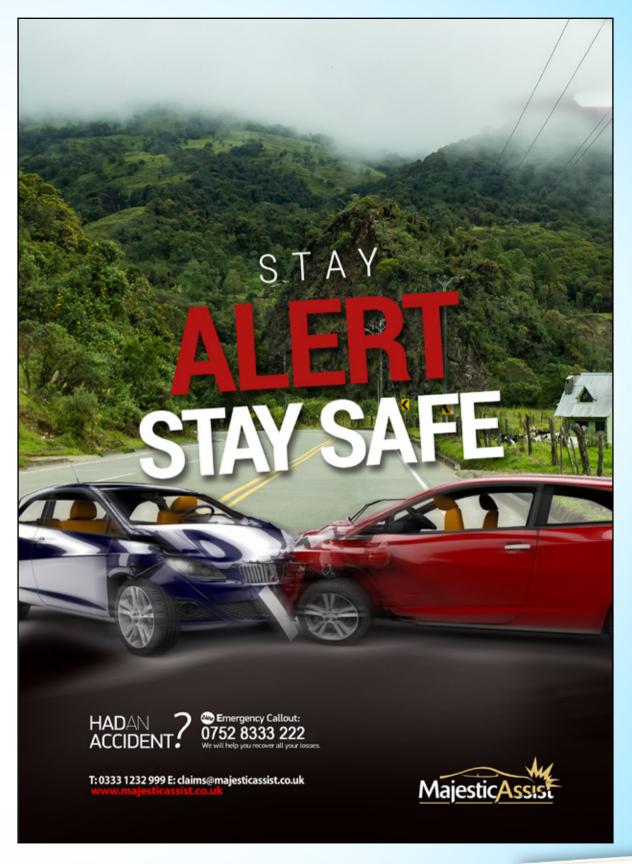
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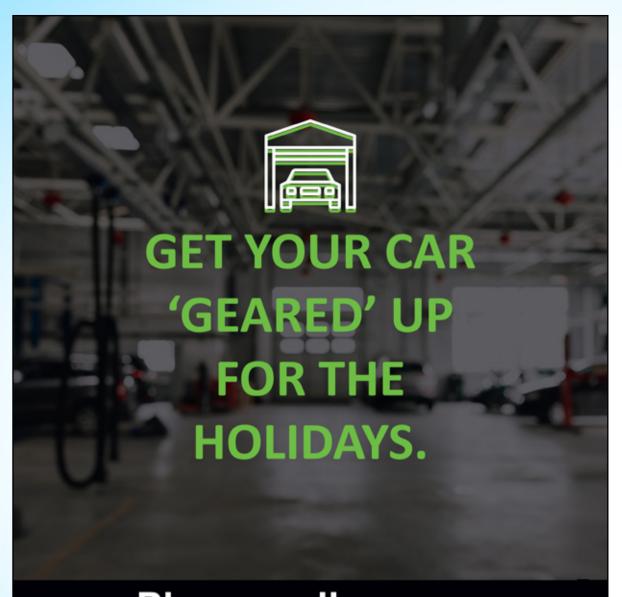
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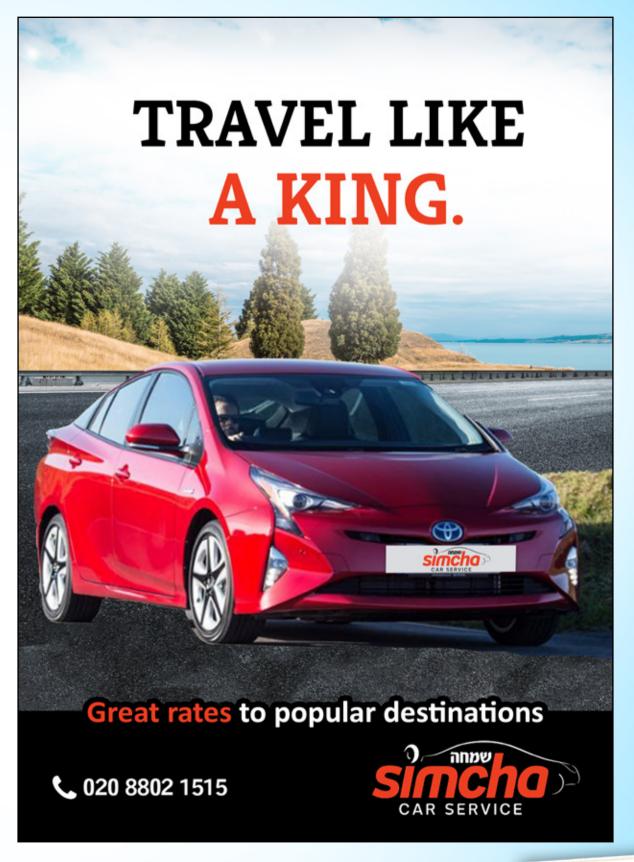


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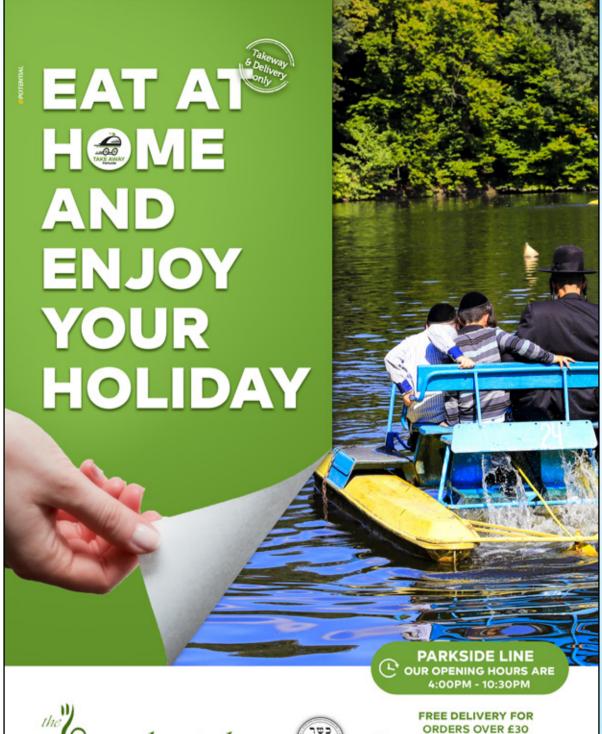
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WITH CHERRY TOMATO & BLACK OLIVES (56) SPAGHETTI (M)	
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(59) VEGETABLE PENNE	£9.00
PENNE PASTA MIXED WITH GRILLED VEGETABLES AND PESTO SAUCE.	
(60) VEGETABLE GNOCCHI (M)	£10.00
FRIED GNOCCHI MIXED WITH GRILLED VEGETABLE AN PESTO SAUCE.	-
(61) CREAME GNOCCHI (M)	£11.00
COOKED GNOCCHI IN RICH ROSE SAUCE TOPED WITH	Н

- COLD DRINKS -	
(76) ICE COFFEE (M)	£3.50
(77) MILK SHAKE (M) VANILLA, CHOCOLATE, COFFEE, STRAWBERRY,	£3.50
(78) FRESHLY SQUEEZED ORANGE JUICE	£3.50
(79) FRUIT SMOOTHIES STRAWBERRY, MANGO, PASSION FRUIT, BLUEBERRY, COLADA (80) CREAMY STRAWBERRY PUNCH (M)	
FROZEN STRAWBERRYS BLENDED WITH FRESH CRE	AM .

- DESSERTS -

(63)	CHEESE BLINTZES (M)	£6.00
	HOT BLINTZES TOPPED WITH CHOCOLATE & CRUNCHY NUT SAUCE SERVED WITH FRESH CREAM	
(64)	CHOCOLATE SOUFFLE (M)	£6.50
(65)	CHEESE CAKE (M)	£7.0
(66)	BELGIAN WAFFLE (M)	£8.50
	FRESH WAFFLE SERVED WITH CHOICE OF ICE CREAM, FRESH CREAM, TOPPED WITH CHOCOLATE SAUCE & CRUNCHY NUT	
(67)	ETON MESS (M)	£6.50
	CRUSHED MERINGUE, FRESH STRAWBERRIES, CARAMEL SAUCE AND FRESH CREAM	
(68)	PANCAKE (M)	£6.50
	PANCAKES DRIZZLED WITH MIXED SYRUPS TOPPED WITH FRES WHIPPED CREAM, FRUITS & CRUNCHY NUT	
(69)	HAPPY CHEESE BALLS (M)	£6.50
	CHEESE BALLS COATED IN COCONUT & BISCUIT CRUMB, CRUNCHY NUT. WHIPPED CREAM. DRIZZLED WITH SYRUPS	

- HOT DRINKS -

MOZZARELLA CHEESE

(71) CAPPUCCINO (M)£2.50
SHOT OF ESPRESSO, HOT MILK & STEAMED MILK FROTH

(72) LATTE (M) £2.50

HOT MILK WITH FROTH & SHOT OF ESPRESSO

(73) MOCACCINO (M)£2.50

SHOT OF ESPRESSO, CHOCOLATE SYRUP, HOT MILK & STEAMED MILK FROTH

(74) HOT CHOCOLATE (M)£2.50

COCOA POWDER & STEAMED MILK

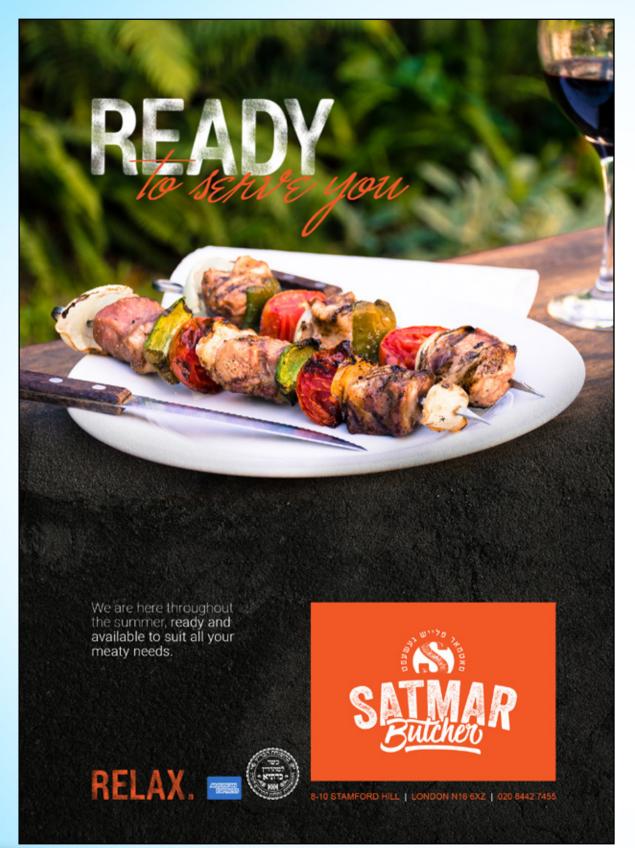
- KIDS MENU -

FRIED FISH FINGERS SERVED WITH CHIPS AND DRINK

(82) PIZZA & CHIPS (M)	£5.00
SLICE OF PIZZA SERVED WITH CHIPS AND DRINK	
(83) SPAGHETTI IN TOMATO SAUCE	£4.00
(84) BUTTERFLY PASTA	£4.00
BUTTERFLY PASTA MIXED WITH SWEET BREADCRUMBS AND DRINK	
(85) PASTA MACARONI (M)	£4.50
PASTA MACARONI WITH MELTED CHEESE AND DRINK	
(86) VEGETARIAN HOT DOG	£5.00
VEGETARIAN HOT DOG SERVED IN A ROLL WITH CHIPS AND DRINK	
(87) FISH & CHIPS	£7.00







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*Must be ordered one day in advance.

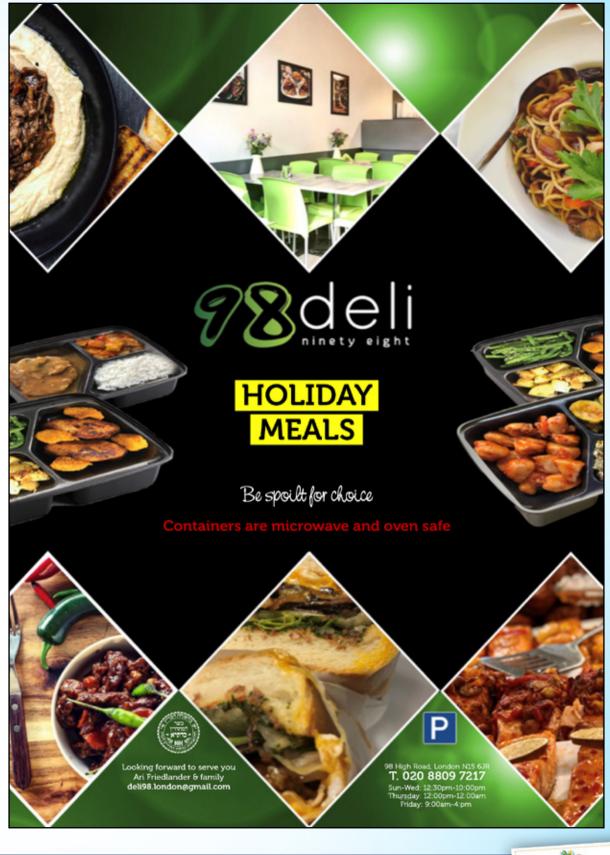


- Keeps fresh in transit as long as it's kept cold
- Stays fresh longer
- ✓ Can be refrozen

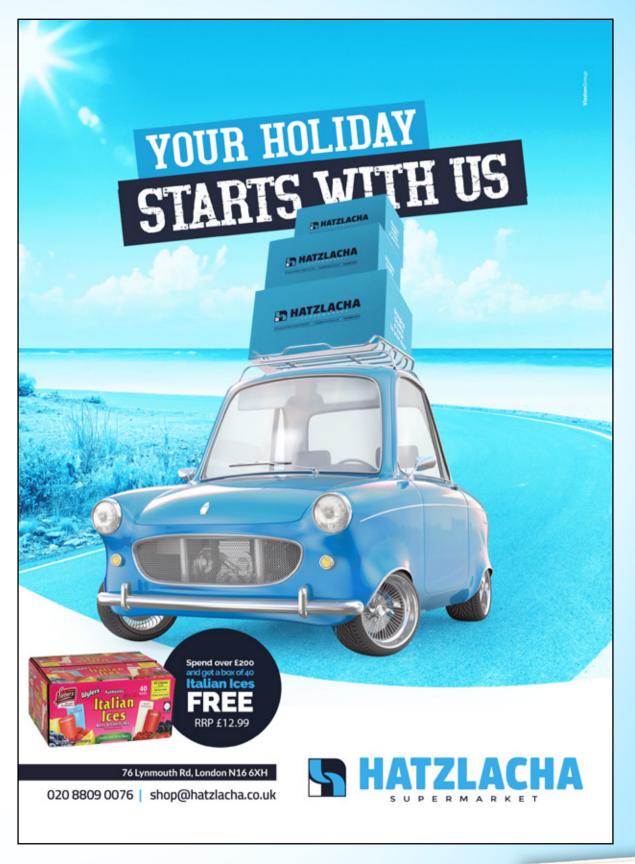


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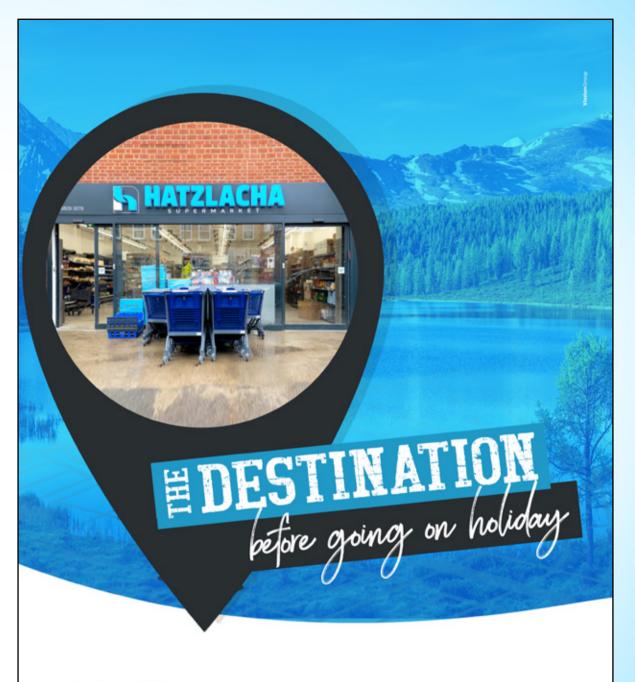
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109-111 Craven Park Rd SUN: 09-104M - 4-30PM MON - THURS-9-30AM - 5-45PM FRE 9-30AM - 3-30PM

Entrance Elm Park Ave



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Entrance Elm Park Ave

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Entrance Elm Park Ave

BON VOYAGE!







Kitchen	Medicine	
O Sharp knives – D/M/P	Savlon	Helmets
Silver foil	O Paracetamol kids	Rain Jacket
Cellotape/masking tape	lbuprofen kids	O Torch
Kettle	Paracetamol Adults	. 1
Hot plate	Ibuprofen Adult	Other
Becher	Plasters	O Tallis
	1	O Tefillin
Peeler	Toiletries	Siddur (Shabbos &weekday)
Mixing spoons D/M/P	Shampoo	Tehillim
O Dish towels	Conditioner	Passports
O Havdala set	Soap	O Driving licence
Scourer sponge (& Shabbos)	Brush & comb	Mobile Chargers
Fairy liquid	Sunscreen	Camera & charger
O Crock pot	Toiletries	Sheitel Head
O Dustbin bags	Nail scissors	0
O Toaster	Toothbrushes	0
O Tablecloths	Toothpaste	0
O Soup ladle	Bobbles	0
O Pot/pans		0
Challah tray & knife	Summer items	0
Challah cover	Swimming costumes	
Candles & tray	O Swimming bags	PASSPORT
Matches	O Beach towels	W GE
Paper towels	Beach chair	
Detergents	Goggles	

-



Due to covid-19 some of the attractions may be closed or will need prior booking, Please check updated information before leaving.



Mudchute Park and Farm (E14 3HP)

One of the largest inner City Farms anywhere in Europe with over 100 animals and fowl on the farm.

© Car 30 min Public 1h 6m 254 (Aldgate) to King Edwards Road, D6 (Crossharbour) to Isle of Dogs Asda, walk 3 mins

Vauxhall farm (SE11 5HS)

animals including rare breed sheep, inquisitive goats, woolly alpacas and spotty pigs, cuddly ferrets, rabbits and guinea pigs and more.

Car 45 min Public 40 min Victoria line to Vauxhall

Kentish town farm (NW5 4BN)

There is sheep, goats, ducks, chickens, geese, three horses, two donkeys, two pigs and a cow. There are animal pasture areas, community gardens, a wild-life pond, and a riding arena.

⊆Car 20 min **Public** 40 min 235 to Hackney Central, overground train (Richmond) to Gospel Oak

Hackney City Farm (E28QA)

A collection of farm animals.

Car 20 min Public 25 min
Overground from Stamford hill to Cambridge Heath, walk 9 min

Freightliners Farm (N7 8PF)

A collection of animals for kids to enjoy. Car 20 min Public 40 min 393 bus(Chalk Farm) to St Mary Magdalene Church, walk 5 min.



Diana Princess of Wales Memorial Playground (W2 4RU)

Playground in shape of wooden ship.

Car 45 min Public 50 min

Victoria line to oxford circus, circle line to Queensway, 2 min walk

Coram's Fields (WC1N 1DN)

Coram's Fields is a unique seven acre playground and park for children with small animal area.

⊆ Car 20 min **⊆Public** 55 min 243 (Waterloo) to Grays Inn Road Theobalds Road, walk 7 min

Lordship Lane (N17 6NU)

Cycling lanes and playground.

Car 20 min Public 20 min

Wood Green) to Waltheof Avenue

Granary Square (N1C 4AA)

Relaxing area with Fountain jets changing colour and squirt in patterns. Or walk along the canal.

Car 20 min Public 30 min
Victoria line to Kings cross St pancras, 8 min walk

Lego Store (WID 6AP)

Lego Flagship shop with everything on display made from lego. Car 35 min Public 40 min Piccadilly line to Leicester square sta-

City Cruises (Westminster Pier, SW1A 2JH)

Spot London landmarks from the river on a City Cruises tour. Kids under five go free, or purchase a family ticket which allows free access to up to three children (five to 15 years of age) when paying for two adults.

Car 35 min Public 35 min

Victoria line to Green park Station

change to Jubilee line to Westminster

m Museums

Ragged School Museum. (E3 4RR)

See what life was like for the poor and destitute children of London's East End during the late 1800s.

⊆Car 25 min **€Public** 52 min 254 (Aldgate) to Bethnal green, 309 (canning town) to copperfield Road, walk 2 min

Science Museum (SW7 2DD)

Interactive and thought-provoking, the Science Museum is a great place to see, touch and experience science first-hand.

Car 40 min **Public** 50 min Piccadily to South Kenisington

National Maritime Museum (SE10 9NF)

Many Models of ships, and some lifesize ancient ships. There is a ship simulator for kids where they have a chance to feel like they are the catian of a ship.

Car 30 min Public 1 hr 15 min 254 (aldgate) to hackney town hall, 277 (Crossharbour) to Canary Wharf to Cutty Sark for Maritime Greenwich. Can be combined with Greenwich Park.

Imperial War Museum (SE1 6HZ)

A sombre collection of military artefacts starting from World War 1.

Car 35 min Public 45 min
Victoria line to ocford circus, change to bakerloo line to Lambeth North, walk 5 mins.

RAF Museum (NW9 5LL)

It includes five buildings and hangars showing the history of aviation and the Royal Air Force.

Car 40 min **Public** 1 hr 15 min 253 (Euston) to Camden Street, Northern line to Colindale (walk 12 min)

London Transport Museum (WC2E 7BB)

Under 18s go free (adult tickets start at £16.50presants the fascinating history of transport in the capital, with vehicles to explore along the way. Lots of entertainment, mini-vehicles, repair a little tube train, sail the 'Thames Nipper', sit in the driver's cab of a red bus...

Car 35 min Public 45 min

Piccadilly line to Covent Gardens, walk 3

V&A Museum of Childhood (E2 9PA)

Houses the UK's national collection of childhood objects, ranging in date from the 1600s to the present day.

Car 30 min Public 35 min 254 (Aldgate) to Old Ford Road,



min

Hyde Park (W2 2UH)

Walk, Boating, Playground

Car 34 min Public 35 min

Piccadilly Line to Knightsbridge Station.

Or Central Line to Marble Arch Station.

Regents Park (NW1 4NR)

5alk, Boating, Playground, bike hire..

Car 30 min Public 1hr
253 (Euston) to Camden Street, 274
(Lancaster Gate) London Business
School. (1 hr)

Brockwell Park (SE24 9BJ)

Playground, Gardens, BMX track, Miniature railway.

Car 50 min **Public** 1 hr Victoria line to Brixton Station, walk 13 min

Golders Hill Park (NW3 7HE)

Playground, Animals.

Car 25 min ■Public 55 min 210 (Brent Cross) from Finsbury park to North End Road Golders Hill Park

Battersea Park (SW11 4NJ)

2 Playground, cycle hire, boating zoo (costs).

Kensington Gardens (W2 4RU)

Playground, flower gardens.

Car 35 min Public 50 min

Victoria line to Green park, 9 bus (Hammersmith) to Royal Albert Hall

Holland Park (W11 3SG)

Flower garden, Playground.

Car 40 min Public 45 min

Victoria line to oxford Circus, Central

Line to holland park station

Queen Elizebeth Olympic Park (E20 2ST)

Nice walks, trails (leaflet at information point) and 2 playground, swan pedalos rental, santander bikes.

© Car 20 min Public 50 min 67 (kingsland) to rectory road/brooke grove, 276 (Plaistow) to hackney wick station, 8 min walk

Dulwich Park (SE21 7BQ)

Walks, playground, outdoor gym.

Car 55 min Public 1hr 10 min

Victoria line to Brixton, P4 bus (Lewisham shopping centre) to Dulwich park

Queen Mary gate(1hr 10 min)

Greenwich Park (SE10 8QY)

Gardens, playground.

Car 30 min Public 1 hr 15 min 254 (aldgate) to hackney town hall, 277 (Crossharbour) to Canary Wharf to Cutty Sark for Maritime Greenwich

Victoria Park (E9 7DE)

Walk, Boating,2 Playground.

Gar 20 min Public 40 min
254 (Aldgte) to Lea Bridge Roundablout, 425 (Ilford) to Church Crescent (walk 7 min through Well street common)



Hikes new London

Ockley To Leith F

This circular walk takes y Leith Hill, one of the maj South Downs. The walk s tion From the station vo paths heading west to C Green. Here you turn no Leith Hill Wood where yo Way and follow it east up is the highest point on th ing a height of 294 metr On the summit there is a panoramic views northw to the English Channel. After taking in the views through Leith Hill Place \ Ockley. You then follow to return to the train statio



Distance: 7 miles

How to get there: Trains frou Victoria take about 65 min Time it will take: Two hours transport and around four for the hike.



lill

ou from Ockley Station to or walking highlights of the tarts from Ockley Train stau can pick up public footckley village and Forest or the before passing through u pick up the Greensand to the hill summit. The hill the Greensand Ridge, reaches (965 ft) above sea level. In 18th century tower, with ards to London and south

the route heads south Vood and Jayes Park to he same paths east to n where the route finishes.

om London nutes. : for the r hours



Mole Gap Trail

Walking from Leatherhead to Dorking in Surrey. Step off the train at Leatherhead station and you will soon see the silver arrows which will guide you along this delightful 6 mile (10 kilometre) walk to Dorking. Walking time is approximately 3 hours but do allow much longer to appreciate all there is to see.



Distance: 6 miles

How to get there: The walk begins at Leatherhead rail station and ends at Dorking rail station. Trains from London Victoria take around 45 minutes.

Time it will take: Four and a half hours including transport.



riodis

th s at Hampstead underorthern Line. It explores oved places, ending Hill.

Northern Line up to

ree hours.



The Oak Trail, Epping Forest

Starting from Theydon Bois, The Oak Trail leads you through parts of Epping Forest including a deer sanctuary

The walk is nicely varied – meandering between wide open spaces and through the oak trees that give the trail its name.



Distance: 6.39 miles

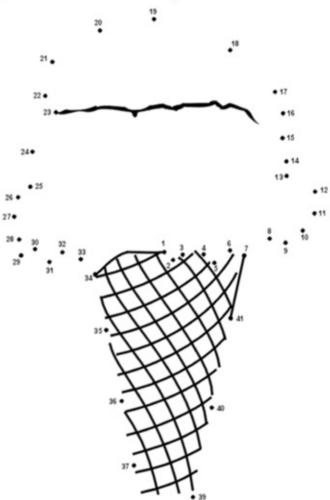
How to get there: Underground to Theydon Bois

(Central Line)

Time it will take: Two and a half hours



Activities for kiels



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				(2)	

I SPY: CRAYONS



I SPY: CRAYONS

Write down the number of each item that you found.

 Red	ļ
 Orange	ļ
Yellow	ļ
Green	ļ
 Blue	
Purple	ļ
 Brown	ļ

Black

WORDSEARCH

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ball beach ball beach cream fun ice smile summer sun

BIDDLES

Whats bright orange with green at the top and sounds like a parrot?

Answer: A carrot

There's a one-story house where everything is yellow. The walls are yellow. The doors are yellow. Even all the furniture is yellow. The house has yellow beds and yellow couches. What color are the stairs? asnoy kiots-aude s,ti—silets kide t,uale alayt tawsuy

I am often following you and copying your every move. Yet you can never touch me or catch me. What am I? Wobert A: 19WertA

> You see me once in June, twice in November, but not at all in May. What am I? Answer: The letter "e"

> > What has legs, but doesn't walk?

Answer: A table

Which is heavier: a ton of bricks or a ton of feathers? Answer: Neither, they both weigh the same.

> What becomes wetter the more it dries? Jewot A : newer! A

What five-letter word becomes shorter when you add two letters to it? Answer: Shorter. (Short + 'er')

Esther has four daughters, and each of her daughters has a brother — how many children does Esther have? Answer: Five, each daughter has the same brother.

> Where does success come before work? Answer: The dictionary.

What is so fragile that saying its name breaks it? Answer: Silence.





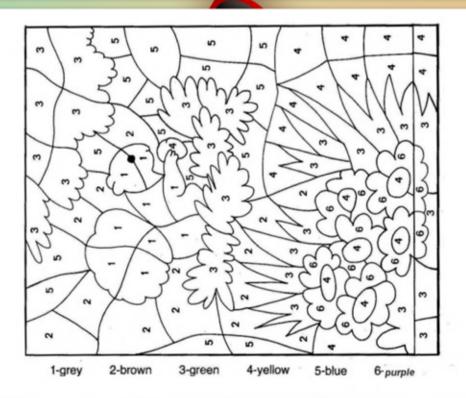
Chocolate covered frozen banana pops are super fun and customisable – the perfect sweet treat to beat the summer heat! They make for such a great healthy snack.

INGREDIENTS

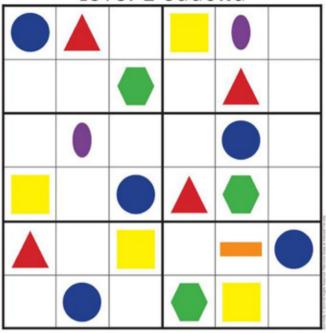
4 bananas 12 ounces chocolate chips (about 2 cups) 3 tablespoons oil 8 ice lolly sticks or skewers

TOPPING OPTIONS:

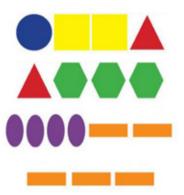
White chocolate or colourful choc melts, melted
Peanut butter, melted
Shredded coconut
Granola
sprinkles
Crushed cookies



Level 2 Sudoku



Cut out the shapes below.
Place the shape in a square so that no row, column or group of any 6 squares has the same shape more than once. When finished, glue in place or you can laminate the extra shapes and the board above to last longer.





How to make:















Have a grown-up help you cut the lemons in half. They can also help you with the stove.

Grown-ups!

Heat the sugar and water on the stove, just until all the sugar is dissolved.









Summer science experiment

Colouring or dyeing flowers is quite easy to do. It's a fun science experiment that kids of all ages can do at home, with visible results. All you need to do is, add food colouring and water to a vase or cup and the flower will absorb the coloured water up through its stem, in a process called transpiration.

What you need: White flowers Cups to hold flowers Water Liquid food colouring

Science fact

Flowers absorb water through the xylem, which is a tissue of thin tubes found inside the stem. Water is transported up the xylem to the various parts of the plant, including the flower. Various factors help water to move up the xylem, including molecules in the xylem that attract the water molecules, solar energy and transpiration. Transpiration occurs when sunlight evaporates water from flowers, leaves and stems. This loss of water creates a vacuum at the top of the xylem tubes, which encourages water to be sucked upwards to fill the empty space (resembles the movement of water up through a straw when someone is taking a sip.)





Take this further...

Try to make bicoloured flowers

Slice the flowers straight down the middle, so that the flower looks like it has two 'legs'. Put each flower 'leg' into a different coloured glass.











Veggie Kabobs

Ingredients (10)

- 3 small zucchini
- 3 small yellow squash
- 12 grape tomatoes

Marinade

- 1 tablespoon brown sugar
- 1 tablespoon vinegar
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon Gefen Cinnamon
- 3 tablespoons oil
- 1 teaspoon Gefen Basil

Start Cooking

Prepare the Veggie Kabobs

- Wash squash well, cut diagonally into one inch chunks.
- Using metal skewers, thread squash chunks and tomatoes alternately.
- Ombine all ingredients for marinade. Brush kabobs with marinade.
- Place kabobs on grill or pan broil 10-15 minutes. Turn kabobs occasionally and brush with marinade.

Surprise Steak with a Spicy Rub

Ingredients (5)

- 2 tablespoons ground cavenne pepper
- 2 tablespoons ground mustard powder

Grilled steaks with a kick! Serve with Corn Salad and Red Gem Lettuce with

Roasted and Pickled Vegetables with a Maple Garlic Dressing.

Start Cooking

Prepare the Steak

- Salt the steak and sprinkle with black pepper.
- Make a paste with equal amount of cayenne and mustard powder (for example, two tablespoons each).
- At this point you can let it sit for a while in the fridge to develop flavor. If you don't have time, you can grill it right away. Grill until steak is done, depending on the thickness of the steak and your desired doneness.

Cooking and Prep: 0 20 m



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