

# Banana, Banana, Banana!

by Sarah Finan

You will need:

Muffin tray and muffin cases  
 90g butter, melted  
 3 bananas, mashed (these can be very ripe)  
 2 medium eggs  
 125g soft brown sugar  
 250g self-raising flour  
 1 teaspoon baking powder  
 1/2 teaspoon bicarbonate of soda  
 1 tbsp milk  
 120g milk chocolate chips (optional)



## Banana Muffin Recipe

How many ways can you eat a banana? This banana muffin recipe is easy to make and delicious too!

### Step 1:

Preheat your oven to 170°C (fan) 190°C / 375°F / Gas 5

### Step 2:

Take your melted butter and pop it in a medium bowl (make sure it's warm not hot). Then add your mashed bananas, vanilla extract and eggs and hand whisk until combined. It may look slightly lumpy from the bananas, but don't worry!

### Step 3:

Then add your sugar, self-raising flour, baking powder and bicarbonate of soda, and mix until well combined. Be careful not to over-mix, but ensure your flour is well incorporated. Then stir in the milk.

### Step 4:

Add chocolate chips (if using), holding back a few to sprinkle on top before you put in the oven.

### Step 5:

Bake in the pre-heated oven for 13-15 minutes or until golden brown. Don't forget to let them cool slightly before you tuck in!

**Always supervise children when baking together.**

**Yum, Yum, Yum!**  
 Delicious treats for your little foodies! SARAH FINAN



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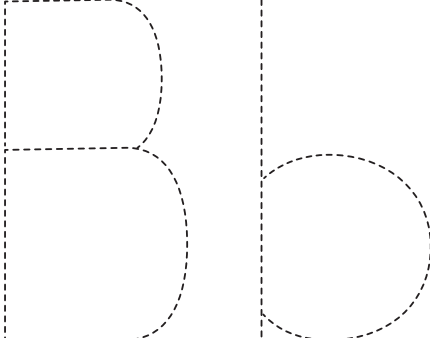
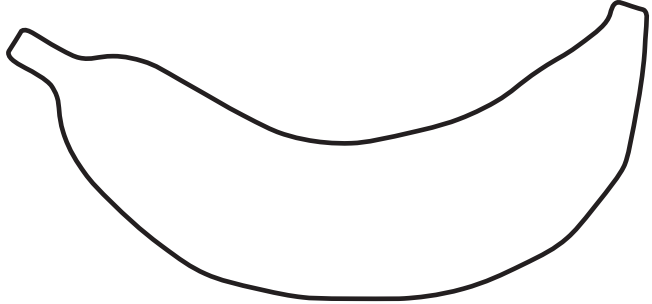


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## Fun with Bananas

Bananas are our favourite treat! Can you make the sound 'Bu' for banana? Practise writing the letter 'B' and then see if you can spot it below!

<p>Say it:</p> <p><b>Bb</b></p>	<p>Write it:</p> 
<p>Find it:</p> <p>X R T K A F C B S</p>	<p>Colour It:</p> 

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# Tomato, Tomato, Tomato!

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## Tomato Fingerprint Art

Tomatoes are our favourite, but did you know that they're a fruit and not a vegetable? Use the vine below and add your fingerprints to make the cherry tomatoes.

### You will need:

Red washable paint  
Green pencil or felt-tip

### How to:

Dip the end of your finger or thumb into the red paint. Press firmly onto the stalk below and then draw on the tomato's leaves.

**Remember to supervise little ones with craft activities.**

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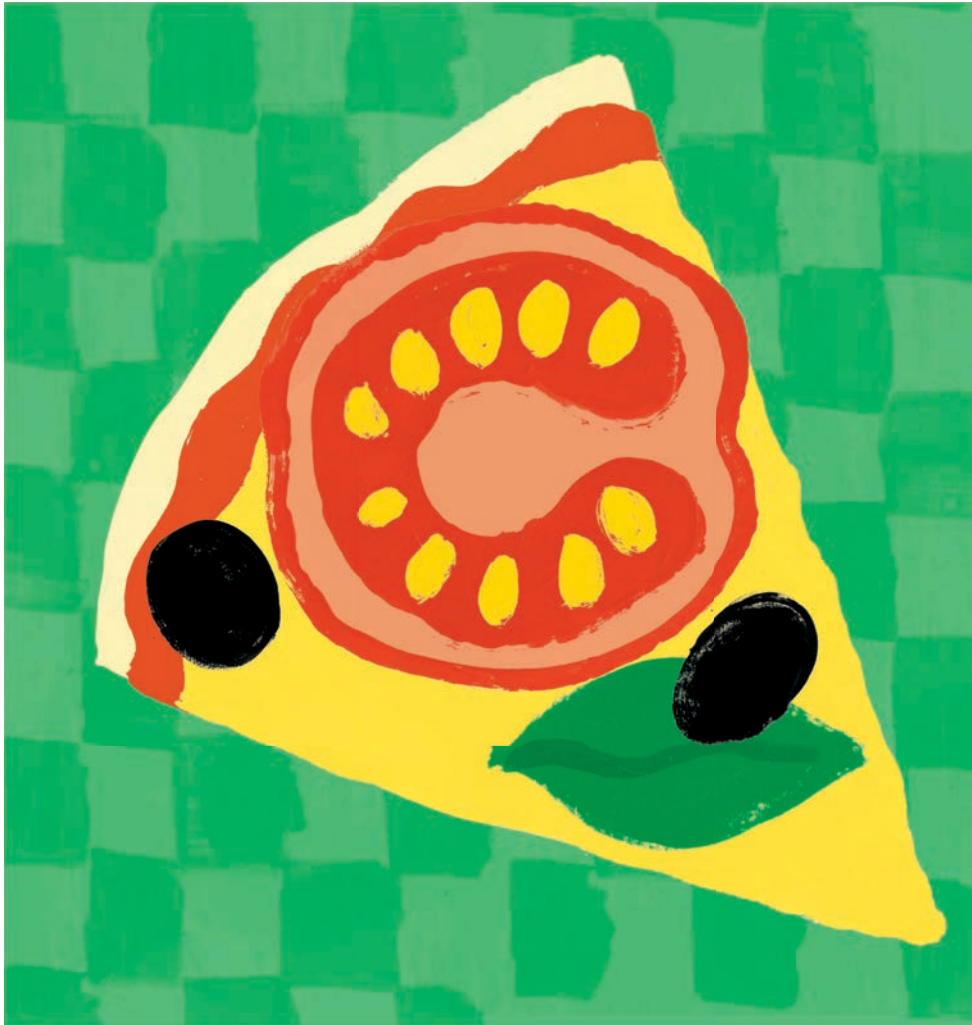


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## Count the Tomato Pips

We love tomatoes as a topping on a pizza slice. Can you count the number of yellow tomato pips?



Write your answer here: \_\_\_\_\_

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# Pasta, Pasta, Pasta!

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## Make a Pasta Portrait

What's your favourite pasta shape? You can use different pasta shapes to create your very own masterpiece.

### You will need:

A paper plate  
Variety of dry pasta  
PVA glue  
Washable paints

### Step 1:

Choose what shape pasta to use for your hair, eyes, ears, nose and mouth. Try out your design, then glue everything in place on the paper plate (it might be easier to put the glue on the plate rather than the pasta).

### Step 2:

Once the pasta has dried, you can use paints to colour it in.

### Step 3:

Admire your portrait while eating pasta for your tea!

**Remember to supervise little ones with craft activities.**



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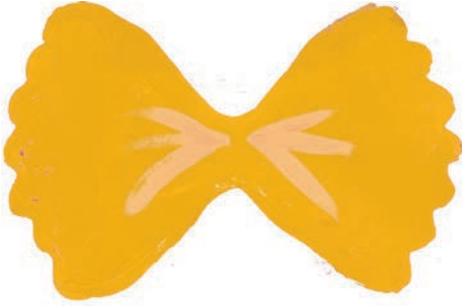


# Pasta, Pasta, Pasta!

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## Pasta Shapes

How many ways can you eat pasta? Pasta comes in all sorts of shapes. Can you match the different pasta shapes to their description?



Tube

Bowtie

Shell

Square

## Yum, Yum, Yum!

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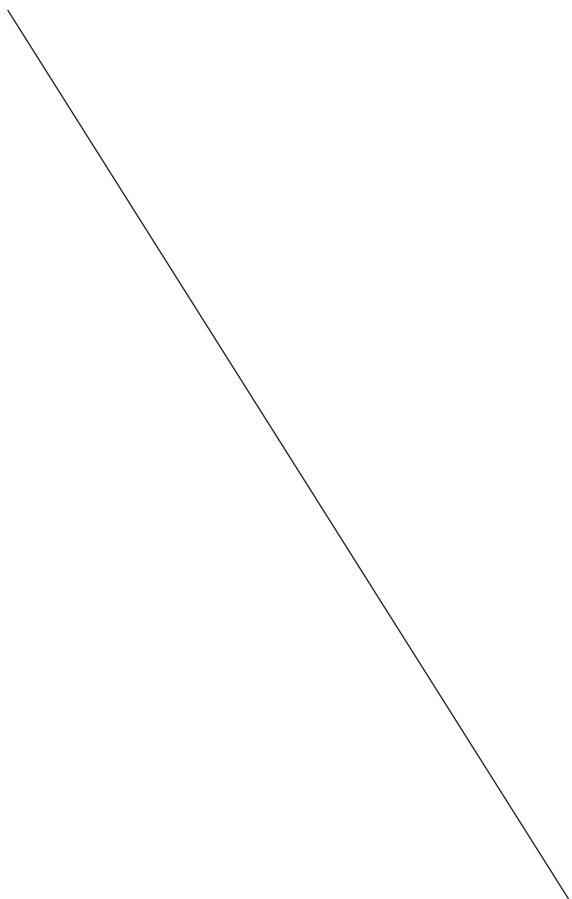
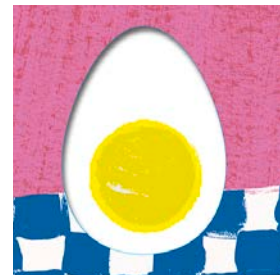
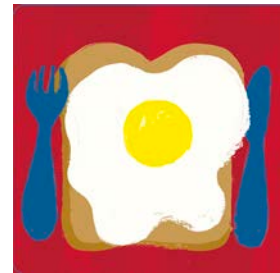
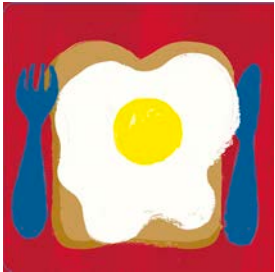
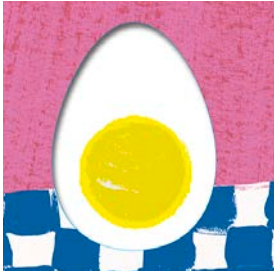


# Egg, Egg, Egg!

by Sarah Finan

## Match It Up!

Eggs are yummy in your tummy. Outside shells are brown or white, inside yolk is golden bright! Can you match up the eggs? We've matched the first one for you.



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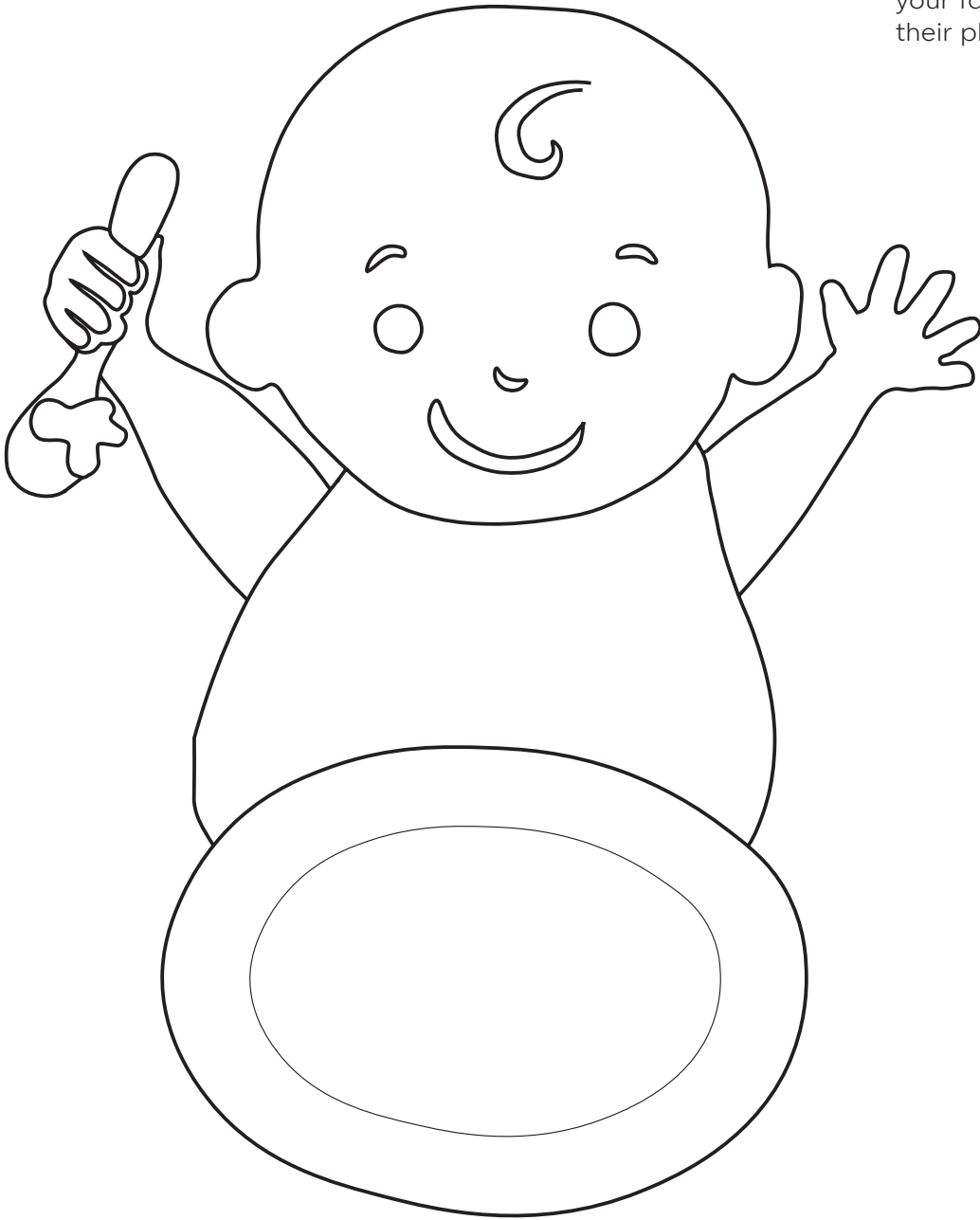


# Yum, Yum, Yum!

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## Colouring In

This little one is saying yum, yum, yum! Can you colour them in and add your favourite food to their plate?



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