

How To Make Fruit Pizzas

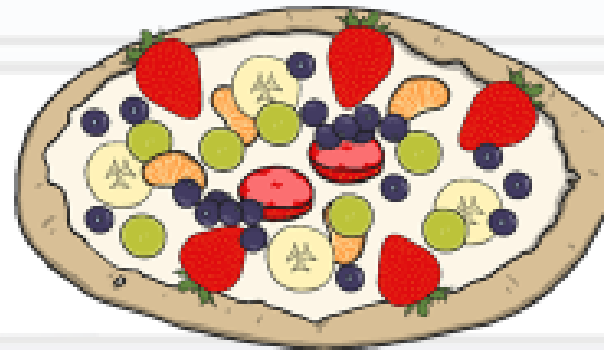
You will need:

- 4 Digestive biscuits
- Natural yoghurt
- 3 – 4 different types of fruit
e.g. apple, banana, grapes, orange
- Plate
- Spreading knife
- Sharp knife
- A grown up

What to do:

1. Place 4 biscuits on the plate.
2. Evenly spread the yoghurt onto each biscuit.
3. Cautiously cut up the fruit into small pieces.
(Ask a grown up to help you when using the sharp knife.)
4. Put the fruit on top of the yoghurt.

Enjoy!



Keep the fruit pizzas in the fridge once made.

How To Plant A Sunflower Seed

What you need:

- A small pot
- Soil
- Seeds
- Watering can
- Water



What you do:

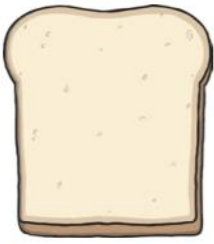
1. Fill the pot with soil to just below the top.
2. Add a little water to the soil.
3. Gently press one or two seeds into the soil.
4. Cover the seeds with a small amount of soil.
5. Carefully pour more water onto the soil.



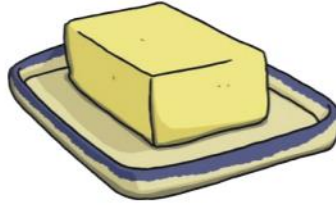
Water the soil everyday to help your sunflower grow.

How to Make a Jam Sandwich

What you need:



Bread



Butter



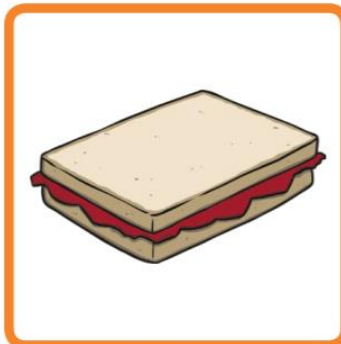
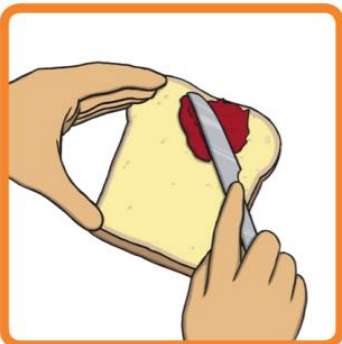
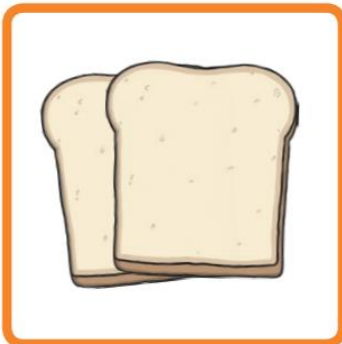
Knife



Jam

Steps:

1. Get two slices of bread.
2. Get some jam, some butter and a knife.
3. Spread the butter onto one slice of bread.
4. Spread the jam onto one slice of bread.
5. Place the other slice of bread on top.
6. Eat your sandwich.

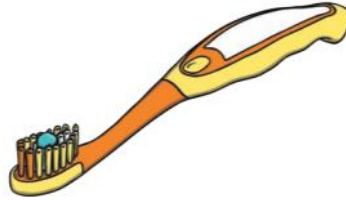


How to Brush Your Teeth

What you need:



Toothpaste



Toothbrush



Water

Steps:

1. Get your toothbrush.
2. Slowly turn on the tap.
3. Carefully wet your toothbrush.
4. Gently squeeze the toothpaste onto the toothbrush.
5. Brush your teeth well and rinse out your mouth.
6. Slowly turn off the tap.



How to Get Dressed

What You Will Need:

Underwear

Shirt

Shoes

Pants

Socks

Jacket

Steps:



1. Put on your underwear.



2. Put on your pants and pull them up.



3. Put on your shirt.



4. Put on your jacket and zip it up.



5. Put on your socks.



6. Step into your shoes and tie the laces up.