



ADVENTURE 4

FOOD



Activity 1 - Bake a cake to take on a picnic. Feeling adventurous? Why not add some vegetables? How about Spiced Parsnip, Beetroot and Chocolate or Carrot and Courgette?

Activity 2 - Grow a crazy cress head.

Paint a funny face on an empty yoghurt pot. Put some wet kitchen roll in the bottom and put some damp cotton wool on top of that. Sprinkle a teaspoon of cress seeds on top of the cotton wool, then put your pot somewhere warm and light.

Watch your cress grow! It should take about 7 days. When it's 10cm tall chop the cress and add it to a sandwich. **Yum!**



LET'S GET COOKING



Activity 3 - Make a mud kitchen.

Use old cups, containers, spoons and bowls to make a mud pie. Have fun adding extras like leaves, pebbles and sticks. Then serve your mud meal in a make-believe cafe.

Remember mud pies taste much better in your imagination than in real life. What do you imagine your pie tastes like? Mint choc-chip, bubble-gum, smelly socks? Ask your family what they think it tastes like.



READ
WRITE
COUNT

Books to read together...

Stanley's Cafe By William Bee

The Runaway Pea By Kjartan Poskitt and Alex Willmore



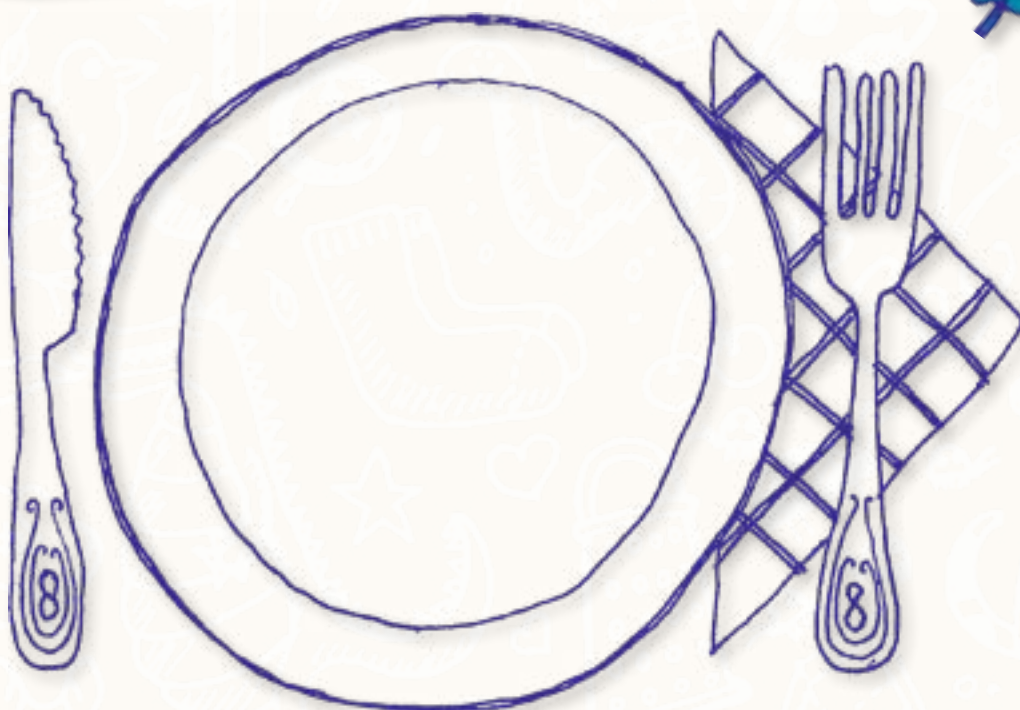


Need more food to take on your picnic? From zombie peppers to smashed carrots **VEG POWER** has some mouth watering recipes you can try out.

Picnics are a great time to play outdoor games like hide & seek or tag.

Why not hold a mini Olympic Games with a flip flop kicking contest, egg & spoon and relay races.

What is your favorite meal?
Can you draw it on this plate?



Are you tired after your picnic?
Cosy up with a nice drink and a good book. Here are some ideas from the **Scottish Book Trust**



Click the link to watch a reading of:
The Runaway Pea





STUFF FOR GROWN-UPS

What is the Summer Family Adventure?

To celebrate the Year of Childhood **Fathers Network Scotland**, **Children's Parliament** and **Scottish Book Trust** have come up with seven adventures the whole family can enjoy together. Take a trip into space or under the sea, this summer you won't even need passport.

What is the Year of Childhood?



It's a year-long celebration of childhood running throughout 2021, hosted by **Children's Parliament**. It aims to encourage grown-ups to listen to and share ideas and experiences with children.



We'd love to hear what you get up to!
Hashtag:

#SummerFamilyAdventure
#YearofChildhood2021



Why play outdoors?



We know this year has been tough for you and your children. The good news is getting your kids outside to play will really help.

Outdoor play gets kids active and lets their imaginations run wild. Play can help kids of all ages to manage their emotions and feel better. It helps kids develop both mentally and emotionally, stay healthy, and have fun. It'll stop them bouncing off the walls at home, and the fresh air even helps them sleep. Getting outside is just as important for grown-ups physical and mental health, too!

Your family doesn't need a great big open park on your doorstep or even a garden to enjoy the outdoors. You can play outdoors anywhere, even just a walk along the street can be a great chance to have some fun together.



Need more toys?

Do your kids want some different toys to play with? Did you know there are toy libraries across Scotland. You can find them at: [Playworks Dumfries](#) • [Lorn Toy Library](#) • [Play Borders](#) • [Gorgie/Dalry Toy Library](#) • [Blackness Toy Library](#) • [Shetland Pre-School Play](#) • [Campbelltown Toy Library](#) • [Midlothian Play Base](#) • [Play Plus Toy Library](#) • [Merry Go Round Toy Library](#)

Find out more from the [Smart Play Network](#).

Why learn together?

We are sure you deserve a huge pat on the back for all the playing and homeschooling you have done this year. But do you know how much it matters? Spending time helping your kid's learn is one of the best ways to improve how well they do at school!

We've use the **Bookbug** and **Read, Write, Count** books gifted to children across Scotland to inspire each adventure. There are some fun books to read together and easy writing and counting activities each week. Scottish Book trust have also created a great resource to help make the most of your [Bookbug explorer bag](#) as well as a [home activities hub](#) for children of all ages.

All of the books detailed are also available in libraries across Scotland. Libraries are a wonderful, free resource for readers and writers of all ages. Find out about everything libraries can offer, including Scottish Book Trust activities, [HERE](#).

