



My School Holidays Activity Book



**Brought to you by
Russell the Brussels Sprout**



**Fun activities and
a bonus recipe
to enjoy these
school holidays.**



**MY
FOOD
BAG**

Connect the Dots

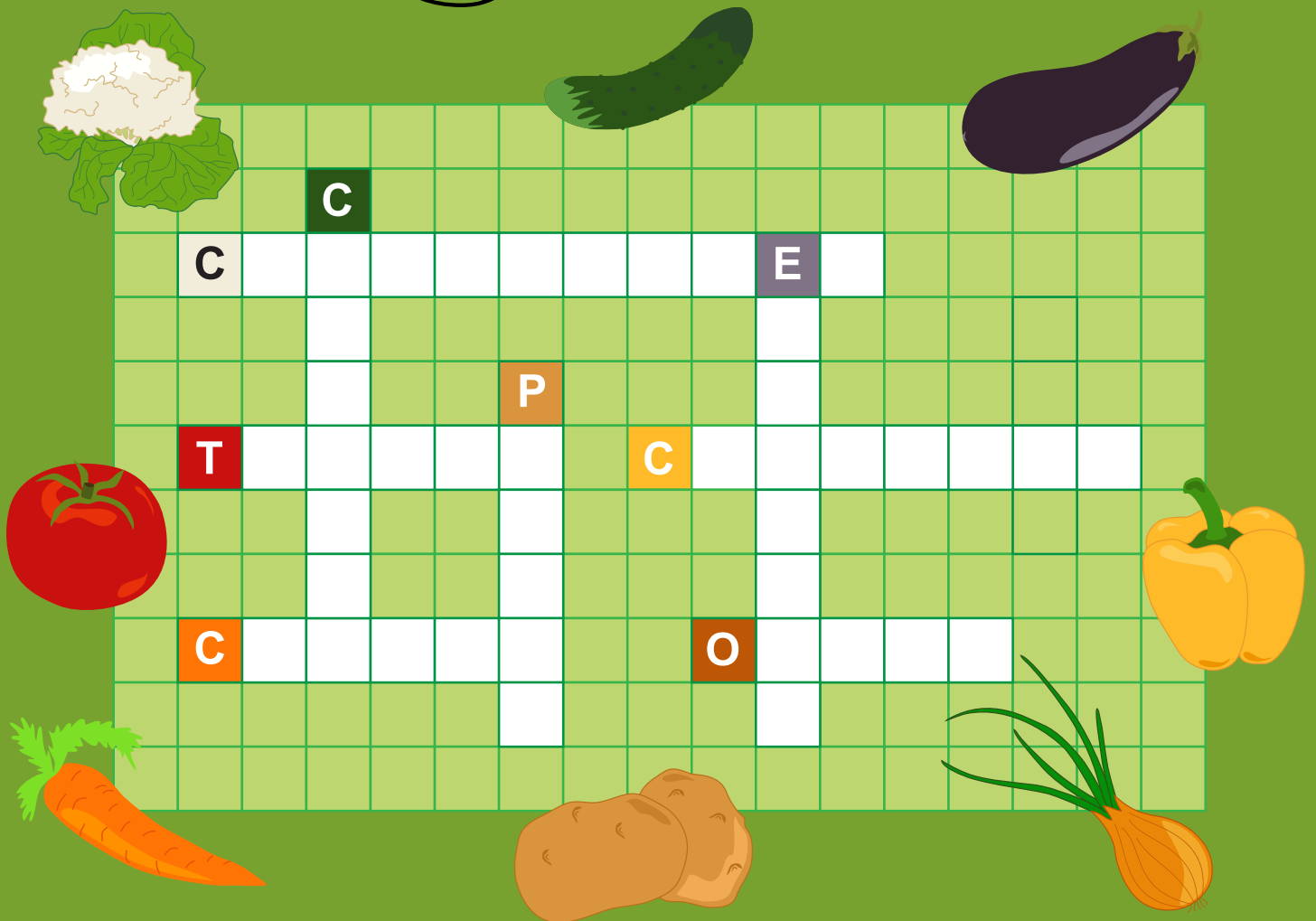
Connect the dots to see what animal this is – here's a hint, it's our special national icon!



Crossword



See how many of my fruit and veggie friends, pictured below, you can spot in the crossword.



Did you know?

At least **HALF** of your dinner should be vegetables! How many are in your favourite meal?

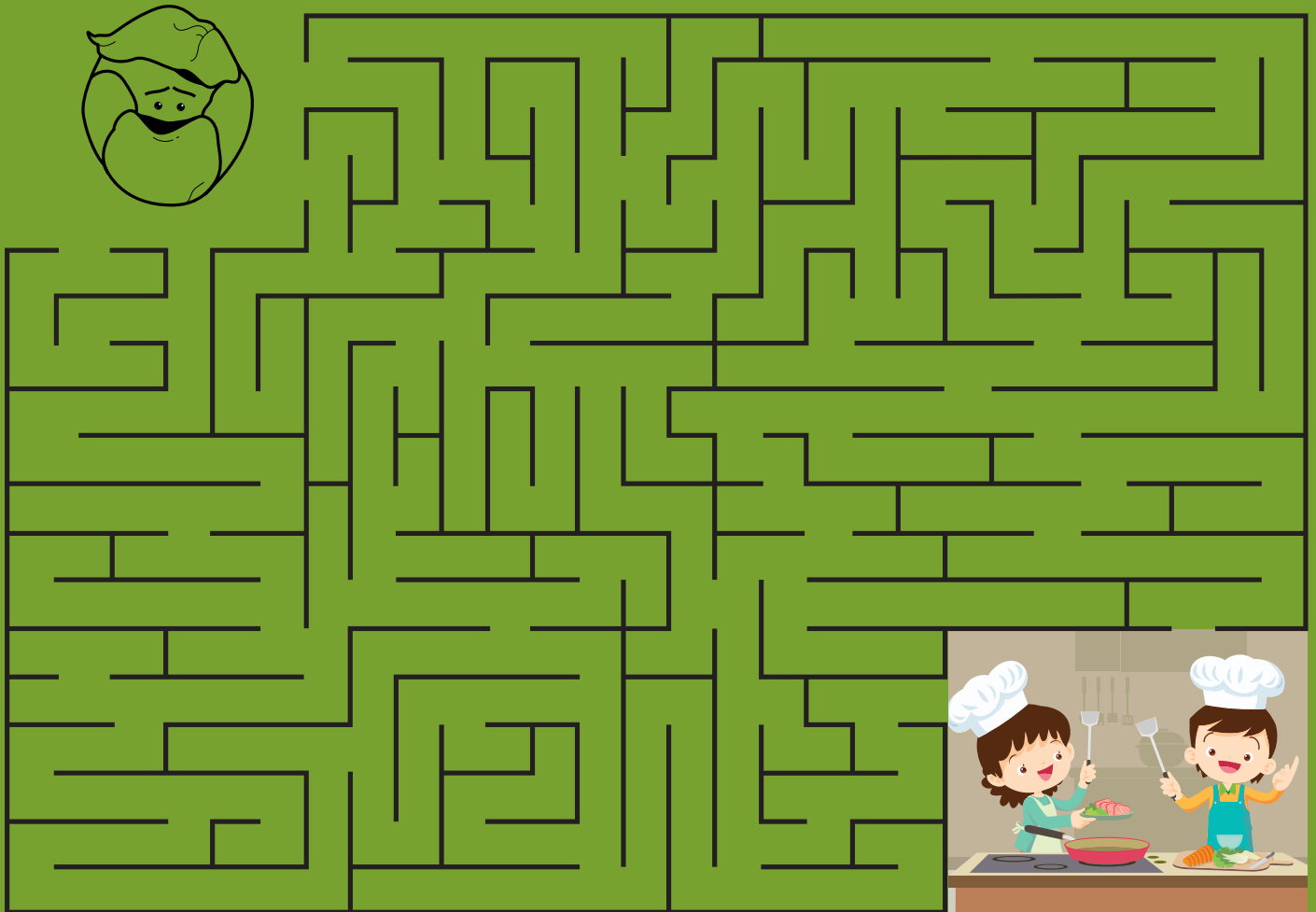


*families make dinner &
dinner makes families*



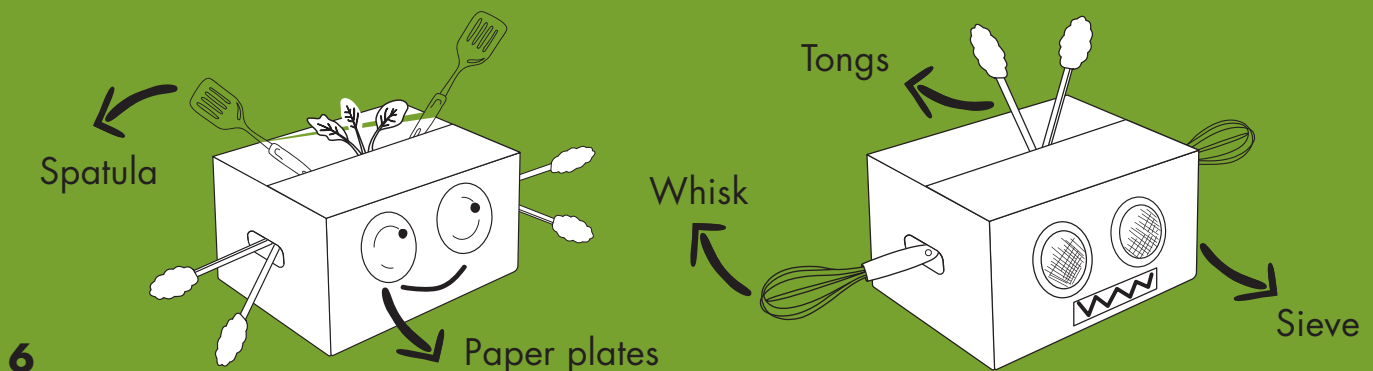
Lil' Chefs Maze

See if you can navigate this maze to make sure Russell the Brussel arrives in the kitchen with the two lil' chefs, just in time for cooking dinner.



Make Your Own Robot Head

Use these ideas to turn your My Food Bag Box into different robots!



Banana Chocolate Chip Muffins

This is such a delicious recipe to make on the school holidays to share with your family or to take over to a friend's house!



3 ripe bananas
2 eggs
1 teaspoon vanilla
1 cup milk
75g butter, melted
2 cups flour

1/3 cup caster sugar
1/2 teaspoon baking soda
1 1/2 teaspoons baking powder
2 teaspoons cinnamon
50g chocolate chips

1. Preheat oven to 175°C. Line a 12-hole muffin tin with paper cases.
2. In a large bowl, mash bananas. Add eggs, vanilla, milk and melted butter and whisk to combine.
3. Add in remaining ingredients and stir until combined. Be careful not to over-mix.
4. Divide mixture between muffin cases and bake for about 25 minutes until a skewer inserted comes out clean.

