

ST GEORGE PARK

Ingredients:

- 1 cup of brown rice
- 1 grated apple
- 1 grated carrot
- 1/2 cup of finely chopped broccoli
- 2 hard boiled eggs (with shells)
- 2 tablespoons of flour

MAKE DELICIOUS
& NUTRITIOUS
BIRD FOOD



- Put your oven on 180 C
- Cook the rice with water - instructions are usually on the back of the packet
- Smash the eggs in a bowl - the egg shells need to be really small
- Mix all of the ingredients together
- Roll the mixture into marble sized balls and place on an oven proof tray
- Bake in the oven for 10 minutes

Have you
been to
the
skate
park?



PLAY TABLE TENNIS!

There are 2 Table Tennis tables in St. George Park, near the skate park. Bring 2 bats and a ball with you! What's the longest rally you can do with your partner? Or play a MATCH! The rules are: - A game is up to 11 points and serves alternate every 2 points.

- The ball must bounce on your opponents side of the table, otherwise it's out!

Can you think of any funny rules you can make up? Like doing a twirl after every shot?

DID YOU KNOW?

Feeding birds bread isn't very good for them - it fills their tummies and doesn't have much nutritional value. They do like corn, porridge and chopped vegetables!

What should you do if you see a Swan flapping? ... DUCK!

