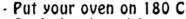
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Ingredients:

- I 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



- Cook the rice with water instructions are usually on the bak 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 over proof tray
- Bake in the oven for 10 minutes



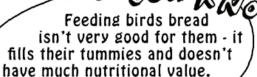


PLAY TABLE TENNIS!

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 youer 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?



They do like corn. porridge and chopped

