



FUN & FOOD: THE FAMILY THAT COOKS TOGETHER...

Seeking inspiration for (1) _____ that extra time at home? Use it to discover the art of cooking and baking with your children.

COVID-19 continues to throw our lives (2) _____ disarray. Children are now in their fourth week out of the classroom and, aside from people in essential services, (3) _____ of us who are still working are adjusting to our new office space in the kitchen. It's a massive adjustment; no soccer training, drama classes, playdates or (4) _____ taking the kids to the supermarket. It may feel a little stifling being cooped (5) _____ indoors, day in, day out. Why not (6) _____ advantage of that extra time and energy and (7) _____ cooking as a family? You can involve children of all ages, give each age appropriate tasks. Make it fun, ask them to come (8) _____ with ideas, choose recipes and ingredients and to sample new dishes and flavours. Focus on healthy, nutritious meals ((9) _____ sweet treats are okay too).

Bring the fun back (10) _____ food ... for all the family.

Adapted from the Irish Examiner 09/04/2020

ANSWERS:

- 1 ALL
- 2 INTO
- 3 MOST
- 4 EVEN
- 5 UP
- 6 TAKE
- 7 START/GET
- 8 UP
- 9 ALTHOUGH
- 10 INTO