

Arable kids

Summer is in full swing with some lovely hot days. Keep your cool with these fun and tasty ideas.

Sponge soakers

You will need:

- Three standard kitchen sponges
- Pen
- Ruler
- Scissors
- String

Made from kitchen sponges that are cut up and tied together, they last longer than water balloons and are softer and splashier than regular balls. Best of all, after tossing them around, you can convince your parents there's no need for a bath tonight, you're as clean as the kitchen dishes!

Tip: Use new sponges, and be sure not to wet them ahead of time; they are easier to cut straight out of the package.

With a pen and a ruler, make five evenly spaced lines lengthwise on a sponge.

Use scissors to cut the sponge, using the lines as a guide, into six rods. Repeat with the other two sponges.

Lay strips on top of each other in three layers, five or six to a layer. Cinch them across the middle with a piece of string and knot it tightly. Fluff pieces out into a ball.

Submerge your sponge soakers in a bucket of water then open fire!

FAR funnies

- Q. Why do bananas use sunscreen?
A. Because they peel.
- Q. What did the pig say on a hot summer day?
A. I'm bacon!
- Q. Why are gulls named seagulls?
A. If they were by the bay, they'd be bagels.
- Q. What do sheep do on sunny days?
A. Have a baa-baa-cue.

Banana Ice Cream

You will need:

- Bananas
- Blender

Slice bananas into large pieces and place in freezer-safe bag in the freezer for at least four hours (overnight is better).

Place frozen banana pieces in the bowl of a food processor fitted with a steel blade. Turn on the machine and let 'er rip. Process bananas until they create a frosty, yet creamy puree.

Serve immediately or place in a bowl covered with a piece of parchment paper to harden. The re-frozen concoction will have a less creamy texture but is still super refreshing and naturally sweet.

word search challenge

Can you find the following words in the grid below?

Banana split, ice cream, chocolate, sprinkles, vanilla, cone, wafer, sundae, cold.

N	Y	T	A	E	D	N	R	D	Y	B	G	D	L	G	J
J	Y	B	U	G	C	V	W	I	S	I	B	R	F	N	I
N	I	E	A	T	Y	U	E	K	P	Q	R	E	R	K	C
D	C	T	H	Y	Y	I	A	C	R	B	C	T	M	N	D
Z	E	A	F	V	Z	Y	D	I	I	A	Y	S	S	Y	N
W	C	L	A	Y	N	I	N	A	N	N	C	Y	R	S	O
N	R	O	T	L	P	S	U	W	K	A	D	O	O	G	J
H	E	C	W	X	L	T	S	G	L	N	W	E	M	F	D
U	A	O	H	X	C	I	F	Q	E	A	P	A	C	Q	Y
X	M	H	B	K	G	P	N	Y	S	S	P	E	F	S	Q
O	F	C	C	O	N	E	T	A	H	P	D	D	Y	E	B
A	L	V	V	Y	G	F	S	J	V	L	Y	V	G	E	R
T	I	F	M	J	Z	R	S	D	P	I	U	F	S	B	T
N	F	F	C	T	Y	H	U	Q	L	T	G	B	P	A	H
Y	B	D	Q	G	W	O	U	T	J	O	R	Y	W	U	P
M	P	G	Q	H	G	U	R	B	N	A	C	T	Q	C	O

Congratulations to our competition winners!

Charlie Quinlan, age 4, of Rakaia won the 7 years and under section, while Klara Harrison, age 12, of Ashburton won the 8-12 year section. Great work guys!

Turn over the page for this issue's competition



Arable kids competition

Competition #1 - Open to all ages up to 12 years.

There will be two winners, one for each age group, up to 7 years and 8-12 years:

Crafty collections! With the hot summer sun beating down, it is likely that you and your family may spend some time at the beach or rivers. This issues competition involves gathering items from your favourite summer hang-outs and using them to create something fantastic. If you don't visit the beach, look around your own backyard.

Items to collect could be: shells, stones, sticks, sand, flowers, etc

Ideas to get you started: decorate an old photo frame or mirror, make a wind chime, create a picture, turn them into jewelry or paint them to create a wood/rock pet.

Send in a picture of your masterpiece to FAR to be in to win.



Competition #2 - Open to all ages up to 12 years.

It's back to school now but we would love to see what you got up to over the holidays. Perhaps you went away on holiday, celebrated a birthday or had family visit. Send us a photo with a brief description of a great holiday moment. Three lucky winners will have their photos published in the next edition of Arable Kids.

Name: Age:

Address:

..... Postcode:

Tel: Fax: Email:

WIN PRIZES

Return your entry by Friday 29 April 2016 to:

Arable Kids Competition
FAR
PO Box 23133
Templeton 8445

GOOD LUCK!