



'The Middle Ground' - Year 3 to Year 4 activities

d	a	w	r	i	p	e	t	q	d	j	p
e	c	b	r	o	w	n	i	o	e	u	a
l	h	b	r	e	a	k	f	a	s	t	n
i	d	d	e	s	s	e	r	t	d	d	c
c	o	d	r	i	n	k	s	l	i	i	a
i	c	u	y	u	m	m	y	n	n	n	k
o	o	x	a	d	r	g	l	e	e	n	e
u	f	e	t	a	f	r	u	o	r	e	s
s	f	o	p	a	j	s	n	y	s	r	m
k	e	v	i	d	a	y	c	o	w	u	e
x	e	f	b	t	p	o	h	t	g	a	n
m	i	l	k	s	h	a	k	e	z	y	u

**Word Search**

(how many can you find and circle?)

- lunch
- delicious
- breakfast
- drinks
- menu
- milkshake
- lunch
- coffee
- dessert
- pancakes
- dinner
- yummy
- diners

Now, design your own word search here:




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### Lunchtime!

Plan 5 healthy lunches for eating over the holidays.  
Include as much 'nude food' as you can. Include at least one food you haven't tried before.




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### **5 Minute Fitness Fix**

Come up with a 5 minute exercise program.

The program must have five parts, each one lasting for 1 minute and it must be something that will get the heart pumping.

Use a timer or stopwatch to keep track of the time.

You can include any equipment you like.

Find someone willing to complete your program, and make sure you try it out yourself!



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### Design Time

Design a new menu item for a cafe.

You might want to design a drink, a dish for breakfast, lunch, dinner or dessert, or a side dish.

Give your dish a name, draw a picture of it and write a short description of what it is here: