

How to...



Make veggie couscous

What you need

- 500ml boiling water
- 1 lemon
- 1tbsp oil
- 1 vegetable stock cube
- 200g couscous
- 2 large tomatoes
- 1 carrot
- ½ cucumber
- 1 apple
- 2 celery sticks
- 20 grapes
- 1tbsp fresh coriander
- Kettle
- Measuring jug
- Sharp knife
- Large mixing bowl
- Small mixing bowl
- Fork

Instructions

To make this meal for four, pour the boiling water from the kettle into a measuring jug. Cut the lemon in half, put a slice to one side, and then squeeze the halves into the jug. Stir in the oil and stock cube. Put the couscous in a large mixing bowl and pour the liquid over it. Chop the tomatoes, carrot, cucumber, apple and celery sticks into small cubes and cut the grapes in half. Mix together in a small mixing bowl. Add the fruit and vegetables to the couscous and stir together with a fork. Chop up the coriander and scatter it over the couscous. Top with the lemon slice.



WARNING!
Get an adult to help when using sharp knives.

MIX IT UP
You can make this dish using a different mix of your favourite fruit and vegetables. For example, try it with apricots, mushrooms, olives, peppers or spring onions.

WARNING!
Be careful when pouring boiling water.



Mix a healthy winter drink

What you need

- ½ cup boiling water
- ½ lemon
- 2.5cm piece fresh ginger
- 2tbsp honey
- Kettle
- Cup
- Grater
- Spoon

Instructions

Boil some water in a kettle. Pour out enough water to fill half a cup. Squeeze in the juice from the lemon. Next, grate the ginger and add it to the cup with the honey. Stir everything together and enjoy while it's still warm.

FIGHT A COLD
Honey is recommended for treating minor coughs.

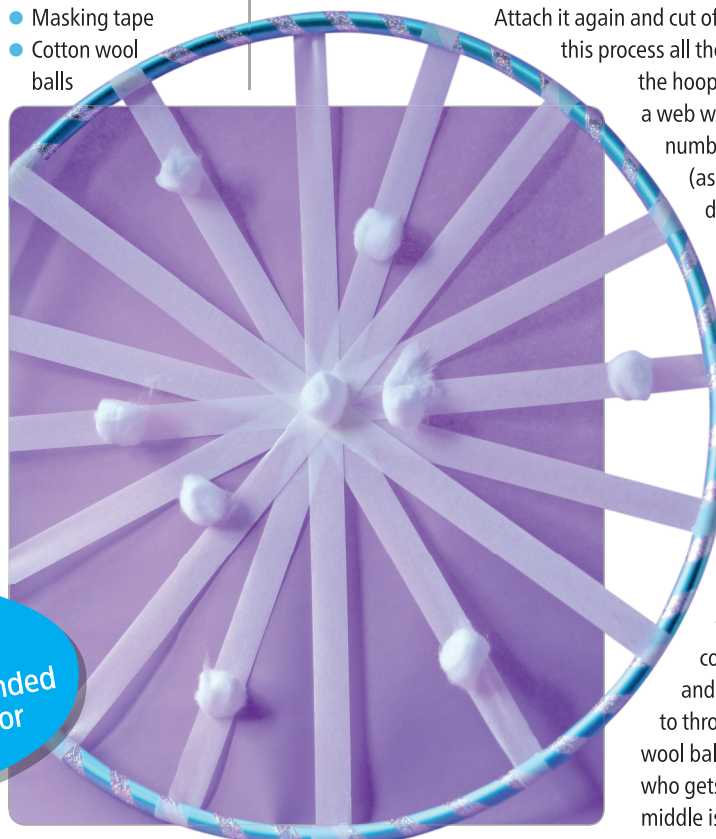
Play a spider-web game

What you need

- An old gymnastics hoop
- Masking tape
- Cotton wool balls

Instructions

Starting anywhere on the hoop, stick the end of the masking tape roll and pull it directly to the other side of the hoop. Attach it again and cut off the roll. Repeat this process all the way around the hoop until you have a web with an even number of tape strips (as shown in the diagram). Make sure that the sticky sides of the tape are all facing the same way, otherwise the cotton wool balls won't stick. When you're ready, hang or lean the spider web against a convenient wall and take it in turns to throw the cotton wool balls. The person who gets closest to the middle is the winner!



Got an idea? Made something cool? Share it with us at hello@theweekjunior.co.uk