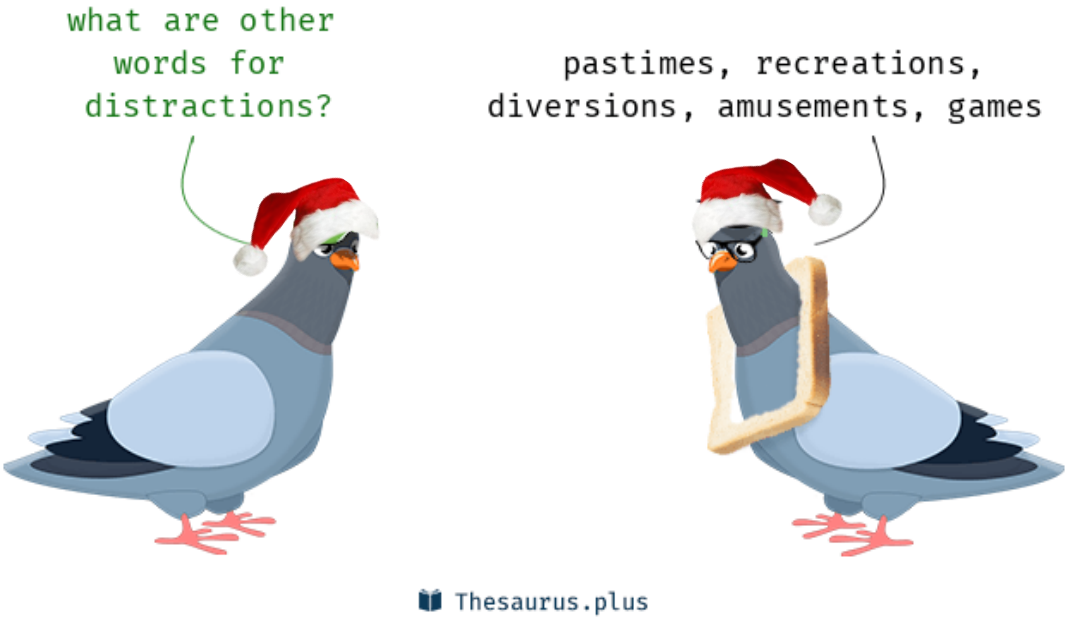


‘food for thought’ Distraction Pack December 2023

Photos sourced from Pixabay.com



Seasons Greetings and welcome to the December issue of ‘food for thought’.

Recoop has been working with older individuals with convictions (in prisons and the community) since 2010 and we recognise the importance of keeping active, both physically and mentally. We have been producing these packs for over seven years now with recipients finding them a fun, informative and educational distraction. Please share with your education department to help support any debates, reminiscing sessions and activities.

We hope you enjoy the puzzles, activities and reading matter.

The answers are given at the back, so if you don’t want to know what they are, don’t look beyond page 26!



We have included a number of gingerbread men within this issue - how many can you find (include this one).



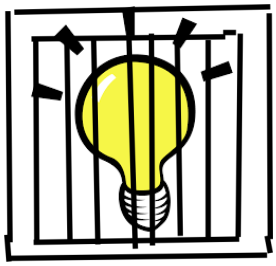
Thought for the day



Quiz 1 - Christmas Films



1. In the film "Home Alone," what is the name of the young boy who gets left behind by his family during the Christmas holiday?
2. Which 2003 holiday film stars Will Ferrell as ‘Buddy’ in the North Pole?
3. What classic 1947 film features a character named Kris Kringle who claims to be the real Santa Claus?
4. In "A Christmas Carol," how many ghosts visit Ebenezer Scrooge?
5. Which Christmas movie tells the story of a green, furry character who dislikes the holiday and tries to steal it?
6. In the film "Love Actually," which actor plays The Prime Minister?
7. And which actress played his ‘love interest’?
8. What 1983 film features the song "Every Time a Bell Rings, an Angel Gets His Wings"?
9. And what was the name of that Angel?
10. Who is the voice of the Conductor in ‘Polar Express’?
11. Which movie first featured the song ‘White Christmas?
12. In National Lampoon’s Christmas Vacation, which city do the Griswolds live near?
13. Which two actresses swap houses for Christmas in ‘The Holiday’?
14. In what movie is one of the characters rushing to get her hands on canned hickory honey ham?
15. In ‘Deck the Halls’ what kind of competitive war breaks out?

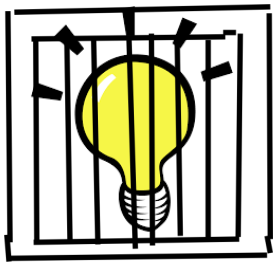


Activity - Christmas Word Scramble

The letters of these words related to Christmas have been scrambled. Can you work them out? It sometimes helps to re-write the letters in a circle.



1. TENEGIRGS
2. LEF
3. ESGILH
4. GLTSIH
5. EDROIWFO
6. ASOCLR
7. PDORLHU
8. NITESL
9. RAZIDLBZ
10. NRTMEAON
11. WNABOLSL
12. RKKARNCUCE
13. RADALGN
14. REGDGRIBENA
15. OETRDAEC
16. SEEPRNT
17. KCNOIGTS
18. OEMSITELT
19. SNITLE
20. YOLHL
21. EEIENDRR
22. YURTKE
23. OARCETDONIS
24. MNSOWNA
25. KCRCARES

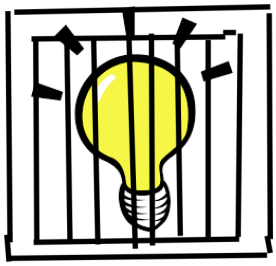




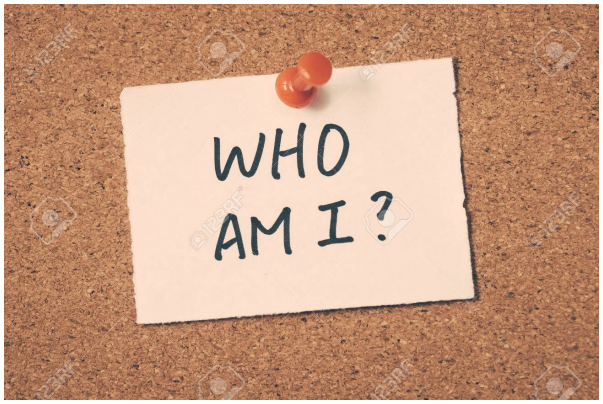
Activity - choose the correct word

There are two spellings of a word that is pronounced the same. Which should it be? Circle your answer.

1.	Would you like a _____ of cake? (peace/piece)
2.	I've never met a _____ actor before. (reel/real)
3.	This is _____ difficult for me. (to/too)
4.	He's not coming home because he's feeling _____. (week/weak)
5.	It is so heavy because it is made of _____. (steal/steel)
6.	The boat will _____ across the ocean. (sale/sail)
7.	The wall is too _____ let's paint it. (plain/plane)
8.	Can you _____ me a cup of tea please? (pour/poor)
9.	Abdul _____ first prize in the writing competition. (won/one)
10.	Can you _____ me or should I speak up? (here/hear)
11.	The girl has beautiful _____ hair. (fair/fare)
12.	The _____ in the garden is called a tulip. (flour/flower)
13.	Tie a _____ in that one please. (knot/not)
14.	The squirrel has a long _____. (tale/tail)
15.	_____ are you going for your holidays? (wear/where)
16.	What is the _____ forecast for today? (weather / whether)
17.	Close your eyes. Don't _____! (peak/peek)
18.	Can you _____ a button on for me? (sow/sew)
19.	The new flavour pleased his _____. (pallet/palate)
20.	George tried in _____ to stop the water flow. (vein/vain)



Quiz 2 - Who am I?



The clues all relate to musicians.

1. I entered a drag queen celebrity impersonator contest as myself and lost.
2. I got into a fight as a kid, the caused my left pupil to become permanently dilated.
3. I was born Harry Roger Webb.
4. I was the original narrator for Thomas the Tank Engine.
5. I hold the world record for most words in one song.
6. I have four nipples.
7. I wore a dress made of raw beef to the MTV Video Music Awards.
8. I married Cherry Seaborn in 2019.
9. My debut solo album ‘Private Dancer’ one three Grammys and sold more than 20 million copies worldwide.
10. I have a daughter named Kulture with Offset.

Source: quiz-questions.uk/

World Heritage Site - A Temple in the air - Fanjingsham Temple



The current tallest building and tallest human-made structure in the world, the Burj Khalifa in Dubai, UAE, reaches an astonishing 2,716 feet (828 meters). That is certainly impressive, but a centuries-old Buddhist temple pair on a mountain summit in South-eastern China offer an even more spectacular view.

Located on the Fanjing Mountain in Tongren City, Guizhou Province, China, the Fanjingshan Temple (actually two temples, the Temple of the Buddha and Maitreya Temple) sits impossibly on top of a spindly rock formation called Red Clouds Golden Summit which rises 330 feet (100 meters) from the already high mountain. That's about the height of Big Ben.



Perched more than 7,600 feet (2,336 meters) above sea level, the two temples are accessed by a series of steps winding up the mountain.



Fanjingshan is a Chinese word that means "Buddhist tranquillity”. The Temple of the Buddha, which is dedicated to the worship of Shakyamuni (Buddha) represents the present, and Maitreya Temple represents the future. The final path to the temples symbolises this significance, with the Temple of the Buddha being reached first, and providing access to the other.

To get to the Red Clouds Golden Summit, visitors must be prepared to climb — it takes almost 9,000 steps to reach the Temple of the Buddha. The Maitreya Temple is reached by crossing the Gold Sword Gorge via a stone bridge which runs between the two peaks.

Continued ...

A Temple in the air - Fanjingsham Temple continued

Fanjingsham, or Mount Fanjing, is the highest peak of the Wuling mountains, and according to Unesco, formed somewhere between 65 million and 2 million years ago. The temples are much newer and there is debate as to when they were built. Some say they were built during the Tang Dynasty (618-907) others say the Yongle period of the Ming Dynasty (1403 - 1425).

While Mount Fanjing and its temples were highly regarded within Buddhism, during the 16th century many temples were destroyed. It was the later Qing Dynasty government (1644-1912) that began building and rebuilding temples, including those along the Fanjingshan range. To withstand the mountain wind, the current temples feature iron tiles and layers of stone 17 feet (5.18 meters) wide and 18 feet (5.48 meters) deep.

Not only are the temples at the top of Mount Fanjing marvels of human inspiration, the Fanjingshan mountain ranges have been recognised for their ecological importance too.

Fanjingshan became a UNESCO Biosphere Reserve in 1986 and was added to the list of UNESCO World Heritage sites in 2018.

There are 3,724 plant species on the site, as well as 2,317 invertebrates and 450 vertebrate species. It's the only place in the world where the Fanjingshan fir and Guizhou snub-nosed monkey are found.



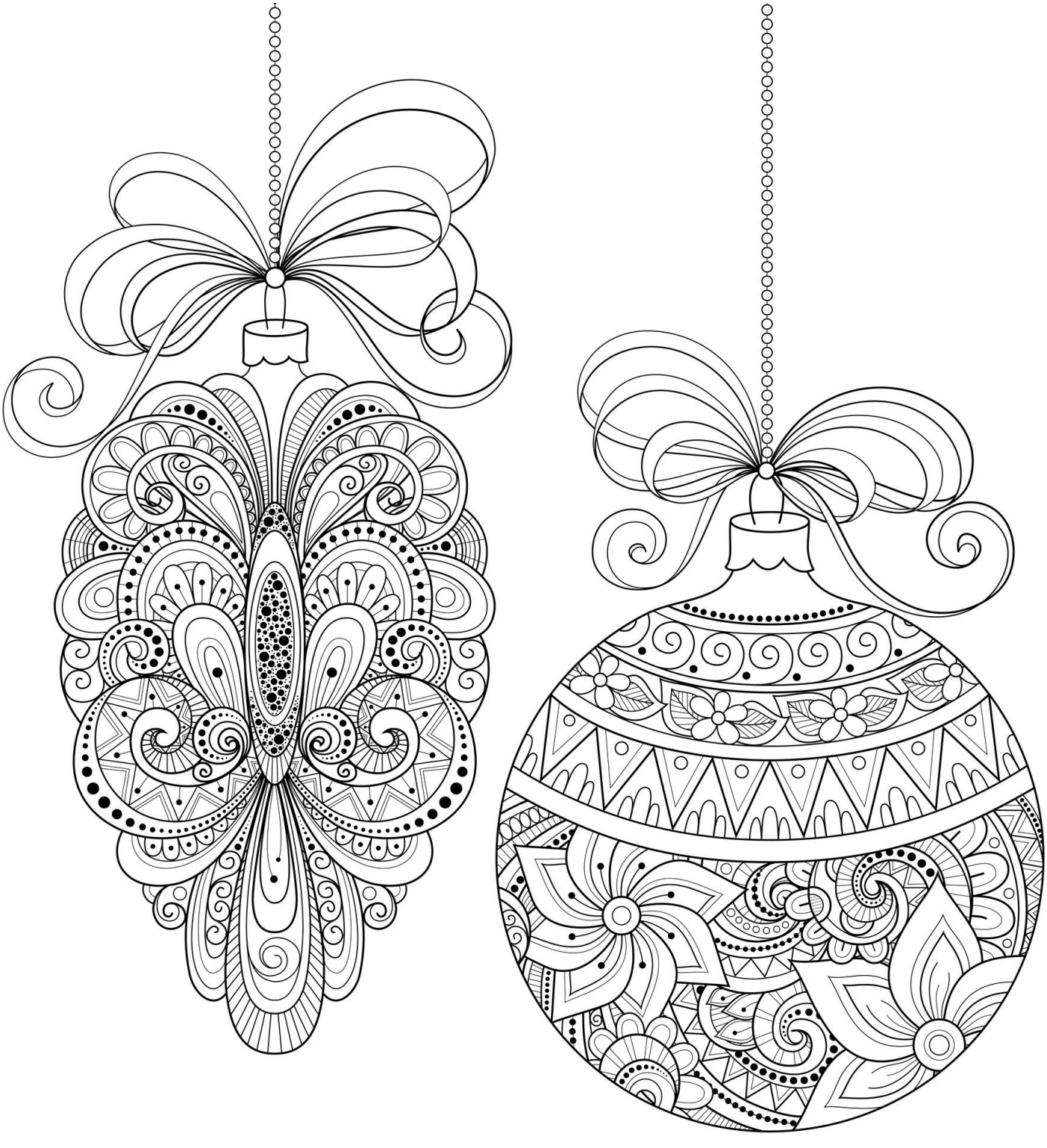
Accessing the temples is no walk in the park; there are 9,000 steps to get there or for those not wishing, or able, to walk, there is a cable car. .



Source: www.howstuffworks.com

Activity - Colouring

If you don’t have coloured pencils, try using different shades of grey.

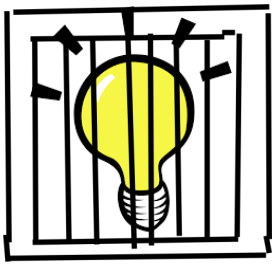


Quiz 3 - Christmas Theme



1. Which popular Christmas beverage is also called 'milk punch'?
2. Where was baby Jesus born?
3. What Hollywood actor played six different roles in *The Polar Express*?
4. What colour are mistletoe berries?
5. Which fairytale was the first gingerbread house inspired by?
6. Where did the tradition of Christmas stockings come from?
7. What are the traditional 12 days of Christmas?
8. How do you say Merry Christmas in Spanish?
9. What was the coldest ever temperature recorded during a UK winter?
10. What are the chances of a white Christmas in the UK?
11. How many Christmas trees are grown in Europe?
12. Where does the royal family traditionally celebrate Christmas?
13. How many mince pies are eaten in the UK every year?
14. What King was crowned on Christmas Day?
15. How many turkeys are eaten in the UK every year?
16. How many gifts are there in the *12 days of Christmas* song?
17. What is the best-selling Christmas song?
18. Which film features the song '*Walking in the Air*'?
19. What is the most recorded Christmas song in history?
20. What sauce is traditionally served with Christmas pudding?
21. What's the name of the period leading up to Christmas?
22. What is the name of a male turkey?
23. In what year was the Queen's speech first televised?

Source: countryliving.com



Activity - Sing your hearts out!



O come all ye faithful
Joyful and triumphant
O come ye, o come ye to Bethlehem
Come and behold Him
Born the King of angels
O come, let us adore Him
O come, let us adore Him
O come, let us adore Him
Christ the Lord!
Sing choirs of angels
Sing in exultation
O sing all ye citizens
Of Heaven above
Glory to God
O glory in the highest
O come, let us adore Him
O come, let us adore Him
O come, let us adore Him
Christ the Lord!
Yeah Lord, we greet Thee
Born this happy morning
Jesus to Thee be all glory
Word of the Father
Now in flesh appearing
O come, let us adore Him
O come, let us adore Him
O come, let us adore Him
Christ the Lord!

Away in a manger
No crib for a bed
The little Lord Jesus
Lay down his sweet head
The stars in the sky
Look down where he lay
The little Lord Jesus
Asleep on the hay
The cattle are lowing
The poor baby wakes
But little Lord Jesus
No crying he makes
I love thee Lord Jesus
Look down from the sky
And stay by my cradle
'Til morning is nigh

Quiz 4 - Nutrition

True or False?



1. Carbohydrates are the body's primary source of energy.
2. Consuming too much protein can lead to kidney damage.
3. All fats are bad for your health.
4. Vitamins are a good source of energy for the body.
5. Fibre is important for a healthy digestive system.
6. Eating late at night can cause weight gain.
7. The recommended daily intake of water for adults is 8 cups.
8. A calorie is a measure of weight, not energy.
9. Eating small, frequent meals throughout the day can boost metabolism.
10. Whole grains are generally more nutritious than refined grains.

	TRUE	FALSE
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Superstitions



Most of us have some type of superstition that we believe a little bit, or maybe a lot. But, why are we nervous about a date on the calendar or a black cat? Superstitions all have unique and unusual beginnings.

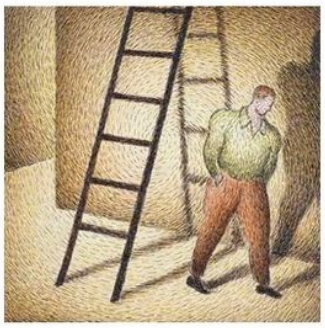
Superstitions are widely held, but unproven, beliefs that certain consequences follow a specific action, item, or omen.

Most superstitions have their roots centuries ago and were a way people tried to explain their world when they didn't have all the answers. After all, there was no internet to turn to when someone didn't understand why bad things happened or how the world worked. People relied on one another and sharing stories and anecdotes became a way to try to make sense of life.

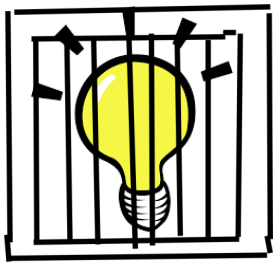
Those stories and anecdotes, mixed in with a little religion and tradition, turned into the superstitions we still know about today.

Have you heard that opening an umbrella indoors is bad luck? Well, this superstition likely originated in ancient Egypt when Pharaohs used large sunshades or in Victorian England when umbrellas opened indoors could seriously injure a child or other person in a small cramped space. Does it really cause bad luck? Nope. But many stories of kids who got hurt by a rogue umbrella opening was enough to cause the superstition to linger for centuries.

What about that superstition about the ladder? It's back to Ancient Egypt when a ladder leaning against a wall created a triangle, which they considered a sacred shape. The superstition only gained force in 1600s England when prisoners walked under a ladder on the way to the gallows. So, this superstition is not rooted in bad luck but in how an ancient civilisation viewed a specific shape.



Continued ….



Superstitions continued

Did you know you knock on wood for luck because it is similar to touching a wooden crucifix?



We say “bless you” because a long time ago people didn’t understand illness, bacteria and viruses. When someone sneezed it often was followed by illness and death, so saying “bless you” protected their souls as they were sure to die soon.

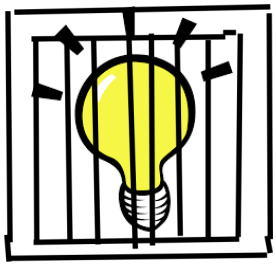
Horseshoes hung on a doorway today started because long ago people believed that witches were afraid of horses and if they saw a horseshoe on the house, they would stay away.



Let’s end with the black cat superstition. Where does this originate?

You guessed it - Ancient Egypt. But in Ancient Egypt, cats were highly revered and were not bad luck. They believed a black cat (or any cat) crossing your path was actually *good* luck. Moving to 17th century England, King Charles I had a black cat that he loved. When his cat died, King Charles I said that all of his luck left with his beloved cat. The next day, he was arrested for treason, so maybe the cat was indeed the last of his good luck? But black cats became more synonymous with bad luck as they were tied closely with witches and witchcraft during the Middle Ages. The Pilgrims went over to America on the Mayflower bringing their distrust for black cats with them, which is why you might feel a bit leary when you see one as well.

What is a superstition that you believe? It probably started many centuries ago!



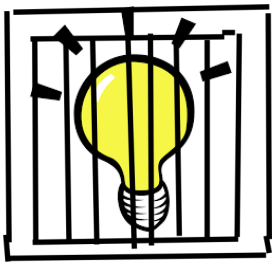
Activity - Find the hidden animal

Hidden within these statements is the name of an animal. Can you find it/

For example, the first one is MULE

1.	*The robed man tackled her and the a**mule**t went flying*	Answer
2.	The company was fined for dumping toxic waste into the river	
3.	The camellia is a beautiful flower	
4.	Wolfeite is a mineral that consists of basic iron phosphate	
5.	Despite his promises, he never showed up	
6.	The bad germs were so small that no one took notice	
7.	The sunset over the ocean was pretty	
8.	Batman and Superman are good friends.	
9.	A rabbi taught me Hebrew	
10.	Something is beeping very loudly in the kitchen	
11.	He hits nails with precision	
12.	Part of the brain that stores mental maps is called the hippocampus	
13.	We must do this again soon	
14.	A stone was digging into my heel	
15.	The sea lion swam gracefully	
16.	I love her ring	
17.	The party will be a very good exciting event	
18.	That mosquito is such a pest	
19.	The explorer entered the damp igloo	
20.	He likes almonds	

Source: goldencarers.com





Quiz 5 - General Knowledge

1. The asterisk * appears above which number on a keyboard?
2. The Scottish city of Glasgow is situated on which river?
3. In which field did Milton Friedman win a Nobel prize in 1976?
4. What is the coffee drink called that has a shot of espresso with hot water added?
5. The explorer Mungo Park was born in which country?
6. On the mouth of which river do the castles Pendennis and St Mawes stand?
7. Spanish company Lladro is a well-known maker of which ceramic material used to create vases or other objects of art?
8. In Britain, a 'Smoggie' is a resident of which city?
9. Which is the only British county with two coastlines?
10. In the Mr. Men series, what colour is Mr. Tickle?
11. Which Simpsons character has the catchphrase 'haw haw!'?
12. Which title is given to the wife of a Duke?
13. Which British female singer headlined the Pyramid Stage on Saturday night at Glastonbury 2016?
14. Which UK TV soap was created by Kevin Laffan in 1972?
15. Donna Sheridan, Sophie and Sam Carmichael are characters from which well-known West End musical which also enjoy movie success?

Activity - Spot the Difference (there are 10)



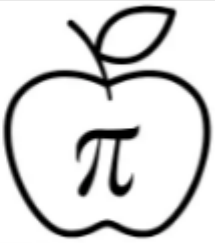
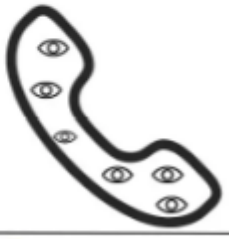


Source: dreamstime.com

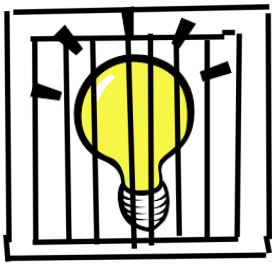
Activity - Dingbats

From the visuals below, can you work out a well-known word, phrase or saying?

For example:   would be Earring

FINGERS FINGERS		→ Five Five	
1	2	3	4
TROUBLE TROUBLE			JACK
5	6	7	8
	→ AID AID AID AID	LI NK	
9	10	11	12

Source: quiz-questions.co.uk

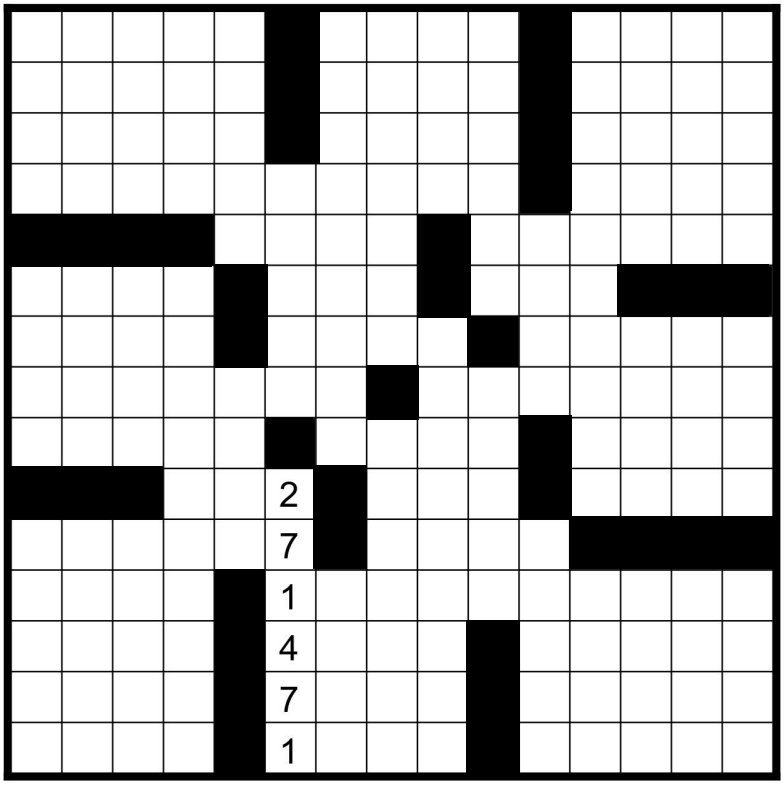


Activity - Number Fill

Insert the numbers listed into the grid. One has been given to get you started.

3 DIGITS
154
459
592
698

4 DIGITS
1064
1184
1298
1548
1569
1613
1778
1909
2258
2982
3222
3455
3837
3843
4555
4619
4809
4889
5044
5116
5699
5862
6429
6467
6497
6598
7423
7594
7619
8089
8211
8564
8599



8649
8900
8911
9014
9116
9228
9596

5 DIGITS
11597
18824
21535
21907
37368
44845
46469
46998
47396
52322

54601
69855
81925
85255
91291
96185
98124
99865

6 DIGITS
~~271471~~
481156
979841
981567

7 DIGITS
2156992
5947910
6619019

8463999

9 DIGITS
464695528
854951998

10 DIGITS
1591589811
3863554288
5379546318
7618149791

Source: puzzles-to-print.com

The life of an Emperor Penguin



Emperor penguins are extraordinary creatures. They spend their entire lives in Antarctica, which means raising young in the depths of the most brutal winter on the planet. Temperatures plummet to -55˚C and the icy landscape is battered by blizzards that rage for days, even weeks. No other species has the capacity to tough out winter here.

There are thought to be 500-600,000 adults across 54 colonies. But there is still a lot unknown about them - Antarctica is a very remote place.

They are the biggest of all 18 penguin species, standing approximately 120cm tall (3.9ft).

Emperor penguins are well adapted to the cold. Adults are insulated by several dense layers of scale-like feathers. These are kept water-proof and windproof with frequent preening, using oil from a gland at the base of the tail.

Their beaks and flippers are small, to reduce heat loss. But it's not just physical attributes that help Emperors survive. The birds form remarkably complex bonds that help them to raise their chicks and work as a team to huddle for warmth.

Emperors have strong and sturdy feet, with large, gripping claws to help propel them across the ice. Blood vessels are arranged so that there is a counter-current heat exchange between warm and cold blood.

Emperor penguins eat fish, particularly Antarctic silverfish and krill. They are superb divers, hunting at depths of around 100-250m (though one individual has been recorded diving to more than 500m!) The penguins must swim and dive fast when hunting to escape predatory leopard seals.

Typically, Emperors spend January to March feeding at sea, building up fat reserves for the impending winter. In April, they 'march' in a long line to the colony to breed, a journey of more than 100km. They mate in May, with eggs laid in June and July. Chicks hatch in August and are fed by their parents until November. In December, when the ice breaks up, the chicks fledge and make their way to the sea.

Continued ….

The life of an Emperor Penguin continued

Emperor penguins find a new mate each year. The colony fills with noise and movement as males and females appraise each other. When a pair is established, the partners perform a graceful ritual of bowing, preening and calling, which affirms the pair-bond.

Once a female lays her egg, she must return to the sea to feed. Pregnancy is demanding and she will be starving. She must trust her mate with care of her offspring. A female can often be reluctant to leave her egg and the male works hard to persuade her, lowering his head to her feet and mirroring her calls until she lets go of her precious cargo.



He is now sole guardian of the hatchling-to-be and must keep it alive through the Antarctic winter. He has a special flap of warm skin, called a brood pouch, that keeps the egg warm as it balances on his feet.

As winter descends, the males are now guarding their eggs alone and need to stay warm. So, they huddle together in enormous, tight-knit groups - a spectacular example of trust and teamwork in the animal kingdom - shuffling position so they all get a turn in the middle. The insulating effect of their tightly packed bodies is so effective that the temperature at the core of the huddle can hit 35˚C.

The female returns to the colony in July-August, around hatching time, after two months at sea. She locates her partner, re-affirming the pair-bond with calls and touching of bellies before feeding her chick for the first time, or taking charge of the egg if it's not yet hatched. The male can then go off and feed - remember, he hasn't eaten for four months.

The male feeds his chick and as the chick gets bigger, both parents embark on fishing trips, leaving their youngsters in creches. Should a storm roll in when the parents are away, the chicks instinctively huddle. Chicks and parents undergo a greeting ritual after each feeding trip. A parent calls multiple times, only offering food if the chick responds in the correct way.



They can live for 20 years.

Source: Discoverwildlife.com

Activity - Word Search



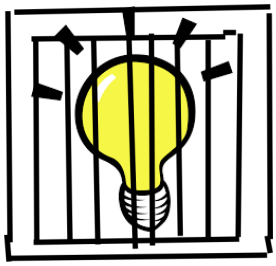
Happy Hanukkah!

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

CANDELABRA
CANDLE
CELEBRATION
DREIDEL
FESTIVAL
GIMEL
HALLEL
HANUKKAH
HEBREW
JEWISH
KISLEV
KUGEL
LATKE
MENORAH
MIRACLE
SABBATH
SHIN
SUNDOWN
TEMPLE
TRADITION



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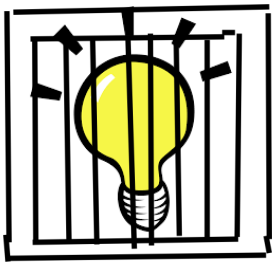


Activity - Sayings

Do you know what these well-known sayings, which all relate to an animal, mean?

		Your answer
1.	Go to the dogs	
2.	Let sleeping dogs lie	
3.	Quit cold turkey	
4.	Hold your horses	
5.	The lions share	
6.	Wild goose chase	
7.	Ants in your pants	
8.	Counting sheep	
9.	Crocodile tears	
10.	Fly on the wall	
11.	How now brown cow	
12.	The bee's knees	
13.	When pigs fly	
14.	The birds and the bees	
15.	Until the cows come home	
16.	Take the bull by the horns	
17.	Curiosity killed the cat	
18.	Beating a dead horse	
19.	Elephant in the room	
20.	I don't give a hoot	

Source: goldencarers.com



Activity - Stick figure drawing

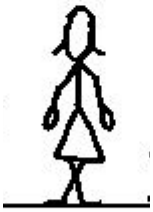
Drawing a stick figure is really quite easy. Take a look at the three examples below and then see if you can draw the figure taking part in the activity listed.



Running

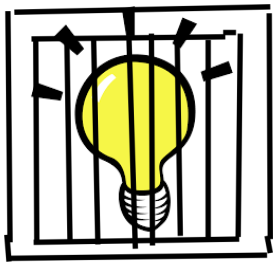


Praying



Woman

- Laughing
- Hopping
- Wondering
- Shouting
- Weight lifting
- Reading a book
- Diving
- Sleeping
- Doing a headstand
- Sitting watching TV



Sudoku Fill in the 9×9 grid with numbers so that each row, column and 3×3 section contains all of the digits between 1 and 9. If you're still not sure have a very quick peek at the answers!

				5		1		4
3			2				7	
			8				3	5
5						9		
		9	7	2				
		1	3			7	4	
	9		4	8				
					1		9	
			9	3		5	8	

EASY

	6			4				
		5	8	1	2		9	
1			5					
3	5				8			
	2			6			4	
4			9					
	8			9				
	3	1	6			9		
		2			5		8	

		8				5		3
	2			5	4	9	8	
					9	1		
		3	6				7	8
	6	1			2			
	9			3	7			
	1							
	8			7				9
	7							5

MEDIUM

				6				
7	6		9					5
4					1			6
		7	3	4	5	9		
				7		3	5	4
1			5					9
		2			3			7
3		6		1		4		2

	7	5					1	
	6				2			
		4						
	2		8			7		3
5								8
		8	5			4		6
	4	1		5			3	
7			4					
	8		1					7



	7				1	8		
3	9							
5			4					
						7		
9				4	8	5	3	
					5			6
					3		4	5
4			9				7	
		7				1	8	

Source: puzzles.ca

ANSWER

Quiz 1 - Christmas Films

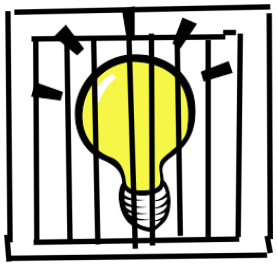
1. Kevin
2. Elf
3. Miracle on 34th Street
4. 4 – Jacob Marley, Christmas Past, Present and Future
5. How The Grinch Stole Christmas
6. Hugh Grant
7. Martine McCutcheon
8. It's a Wonderful Life
9. Clarence
10. Tom Hanks
11. Holiday Inn
12. Chicago
13. Cameron Diaz and Kate Winslet
14. Christmas with the Kranks
15. Christmas Lights on their Houses

Activity - Christmas Word Scramble

1. GREETINGS
2. ELF
3. SLEIGH
4. LIGHTS
5. FIREWOOD
6. CAROLS
7. RUDOLPH
8. TINSEL
9. BLIZZARD
10. ORNAMENT
11. SNOWBALL
12. NUTCRACKER
13. GARLAND
14. GINGERBREAD
15. DECORATE
16. PRESENT
17. STOCKING
18. MISTLETOE
19. TINSEL
20. HOLLY
21. REINDEER
22. TURKEY
23. DECORATIONS
24. SNOWMAN
25. CRACKERS



ANSWER



Activity - choose the correct word

1. Piece
2. Real
3. Too
4. Weak
5. Steel
6. Sail
7. Plain
8. Pour
9. Won
10. Hear
11. Fair
12. Flower
13. Knot
14. Tail
15. Where
16. Weather
17. Peak
18. Sew
19. Palate
20. Vain

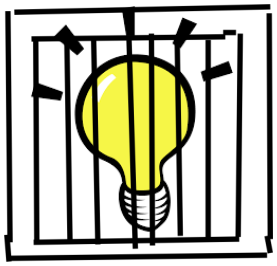
Quiz 2 - Who am I?

1. Dolly Parton
2. David Bowie
3. Cliff Richard
4. Ringo Starr
5. Eminem
6. Harry Styles
7. Lady Gaga
8. Ed Sheeran
9. Tina Turner
10. Cardi B

Quiz 3 - Christmas Theme

1. Eggnog
2. Bethlehem
3. Tom Hanks
4. White
5. Hansel and Gretel
6. According to tradition, the original Saint Nicholas put gold coins in the stockings of three poor sisters
7. The Twelve Days of Christmas are the last six days of the old year and the first six days of the New Year
8. Feliz Navidad
9. The coldest temperature ever recorded during a UK winter was -27.2 °C
10. The chances of a White Christmas are just 1 in 10 for England and Wales
11. Nearly 60 million Christmas Trees are grown each year in Europe
12. Sandringham
13. 800 million
14. King William I of England in 1066
15. 10 million turkeys
16. 364 gifts
17. Bing Crosby's *White Christmas* is the best-selling Christmas song with more than more than 50 million copies sold
18. *The Snowman*
19. Silent Night
20. Brandy sauce
21. Advent
22. Gobblers
23. 1957





Quiz 4 - Nutrition

1. True - Carbohydrates are the body's primary source of energy because they are easily converted into glucose, which provides energy for various bodily functions, including brain function and physical activity.
2. True - Consuming excessive protein over an extended period can lead to kidney damage because the kidneys must work harder to process the by-products of protein metabolism. This increased workload can potentially strain the kidneys.
3. False - Not all fats are bad for your health. Healthy fats, such as mono-unsaturated and polyunsaturated fats found in foods like avocados and nuts, are essential for various bodily functions, including cell structure and the absorption of fat-soluble vitamins.
4. False - Vitamins are not a source of energy themselves. They are essential for various metabolic processes and overall health, but they do not provide calories like carbohydrates, proteins, and fats.
5. True - Fibre is crucial for a healthy digestive system because it helps regulate bowel movements, prevents constipation and may lower the risk of certain digestive disorders like diverticulitis.
6. True - Eating late at night can contribute to weight gain because the body's meta-bolism tends to slow down as the day progresses.
7. False - The recommended daily intake of water for adults can vary based on factors like activity level, climate and individual needs. The "8x8 rule" (8 cups) is a general guideline, but individual hydration needs can differ.
8. False - A calorie is a unit of energy, not weight. It measures the amount of energy released when the body metabolises food. Calories are used to describe the energy content of food and the energy expenditure of the body.
9. True - Eating small, frequent meals throughout the day can help boost metabolism because it keeps the body's energy expenditure relatively constant. However, the effect on metabolism is relatively modest compared to other factors like physical activity.
10. True - Whole grains are generally more nutritious than refined grains because they contain the bran and germ, which provide fibre, vitamins, minerals, and other nutrients. Refined grains have had the bran and germ removed, leaving primarily the starchy endosperm, which lacks many of these nutrients.



Activity - Find the hidden animal

2.	*The company was fined for dumping t**ox**ic waste into the river*
3.	*The **camel**lia is a beautiful flower*
4.	***Wolf**eite is a mineral that consists of basic iron phosphate*
5.	Despite his promises, **he n**ever showed up
6.	*The **bad ger**ms were so small that no one took notice*
7.	*The sunset over the ocean **was p**retty*
8.	***Bat**man and Superman are good friends.*
9.	*A **rabbi t**aught me Hebrew*
10.	*Something is **bee**ping very loudly in the kitchen*
11.	*He hit**s nail**s with precision*
12.	*Part of the brain that stores mental maps is called the **hippo**campus*
13.	*W**e mu**st do this again soon*
14.	*A stone was digging into my h**eel***
15.	*The **sea l**ion swam gracefully*
16.	*I love **her ring***
17.	*The party will **be a ver**y good exciting event*
18.	*That mosquito is such **a pe**st*
19.	*The explorer entered the dam**p ig**loo*
20.	*He like**s almon**ds*

Quiz 5 - General Knowledge

1. 8
2. Clyde
3. Economics
4. Caffe Americano (or simply Americano)
5. Scotland
6. Fal
7. Porcelain
8. Middlesbrough
9. Devon
10. Orange
11. Nelson Mutz
12. Duchess
13. Adele
14. Emmerdale
15. Mamma Mia

ANSWER

Activity - Spot the Difference





Did you find all 14?

(don't include this one)

Activity - Dingbats

1. Fingers crossed
2. Haunted house
3. High five
4. Apple pie
5. Double trouble
6. Hotshot
7. Broken record
8. Jack in a box
9. Snowman
10. First aid
11. Broken link
12. I phone

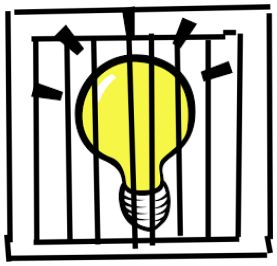
Activity - Number fill in

3	7	3	6	8		4	8	8	9		7	5	9	4
4	4	8	4	5		6	4	9	7		6	4	6	7
5	2	3	2	2		4	6	1	9		1	6	1	3
5	3	7	9	5	4	6	3	1	8		8	0	8	9
				5	6	9	9		4	8	1	1	5	6
3	8	4	3		4	5	9		1	5	4			
2	2	5	8		6	5	9	8		6	9	8	5	5
2	1	5	6	9	9	2		5	9	4	7	9	1	0
2	1	5	3	5		8	6	4	9		9	0	1	4
			5	9	2		6	9	8		1	0	6	4
9	8	1	5	6	7		1	5	6	9				
1	1	8	4		1	5	9	1	5	8	9	8	1	1
2	9	8	2		4	8	0	9		1	1	5	9	7
9	2	2	8		7	6	1	9		2	1	9	0	7
1	5	4	8		1	2	9	8		4	6	9	9	8

Activity - Wordsearch





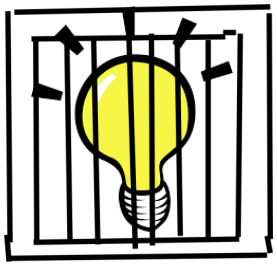


Activity - Sayings and their meaning

1. Something deteriorates, becomes ruined
2. Leave the past alone or it will come back to bite you
3. End a bad habit suddenly and completely
4. Wait a minute, don't be in such a hurry
5. The biggest part of the pie, the biggest portion
6. Wasting time going after something impossible
7. Can't keep still
8. Distraction technique to combat insomnia
9. Insincere display of sorrow or support
10. Observing a situation without being noticed
11. A nonsensical phrase used as a jovial greeting
12. The highest quality, excellent
13. Highly unlikely or impossible to happen
14. Sex education
15. Waiting for a very long time
16. Facing a challenge or danger boldly
17. Any further investigation leads into harm
18. Bringing up an issue that has been resolved
19. An issue that everybody knows about but no one mentions
20. I don’t care

recoop

ANSWER



Activity - Sudoku

9	7	8	6	5	3	1	2	4
3	5	6	2	1	4	8	7	9
1	4	2	8	7	9	6	3	5
5	3	7	1	4	8	9	6	2
4	8	9	7	2	6	3	5	1
2	6	1	3	9	5	7	4	8
6	9	5	4	8	7	2	1	3
8	2	3	5	6	1	4	9	7
7	1	4	9	3	2	5	8	6



2	6	8	3	4	9	1	5	7
7	4	5	8	1	2	6	9	3
1	9	3	5	7	6	8	2	4
3	5	6	4	2	8	7	1	9
8	2	9	7	6	1	3	4	5
4	1	7	9	5	3	2	6	8
6	8	4	2	9	7	5	3	1
5	3	1	6	8	4	9	7	2
9	7	2	1	3	5	4	8	6

9	4	8	7	1	6	5	2	3
1	2	7	3	5	4	9	8	6
6	3	5	8	2	9	1	4	7
4	5	3	6	9	1	2	7	8
7	6	1	5	8	2	3	9	4
8	9	2	4	3	7	6	5	1
5	1	4	9	6	8	7	3	2
3	8	6	2	7	5	4	1	9
2	7	9	1	4	3	8	6	5



8	9	4	1	5	2	7	6	3
5	2	3	4	6	7	1	9	8
7	6	1	9	3	8	2	4	5
4	3	5	2	9	1	8	7	6
6	8	7	3	4	5	9	2	1
2	1	9	8	7	6	3	5	4
1	7	8	5	2	4	6	3	9
9	4	2	6	8	3	5	1	7
3	5	6	7	1	9	4	8	2

2	7	5	9	8	6	3	1	4
1	6	3	7	4	2	9	8	5
8	9	4	3	1	5	6	7	2
4	2	6	8	9	1	7	5	3
5	3	7	6	2	4	1	9	8
9	1	8	5	7	3	4	2	6
6	4	1	2	5	7	8	3	9
7	5	9	4	3	8	2	6	1
3	8	2	1	6	9	5	4	7



2	7	4	6	9	1	8	5	3
3	9	6	8	5	7	2	1	4
5	1	8	4	3	2	9	6	7
1	4	5	3	6	9	7	2	8
9	6	2	7	4	8	5	3	1
7	8	3	2	1	5	4	9	6
8	2	9	1	7	3	6	4	5
4	5	1	9	8	6	3	7	2
6	3	7	5	2	4	1	8	9