

Beaufort Tunnies

WRITTEN BY THE KIDS, FOR THE KIDS!



February 2017 Edition

FREE!

How much fruit and vegetables do you eat every day?

I'm sure you have heard that we are suppose to eat 5 pieces of fruit and vegetables per day, but now, scientists and nutritionists (people who tell you what types of foods you should and should not be eating) have said we should be eating at **LEAST 10 PIECES** of fruit and vegetables per day! We all know that eating fruit and veg is good for you and it's a lot healthier for you to snack on, rather than stuffing ourselves with chocolate and crisps, but 10 pieces of fruit and vegetables does seem like a lot to me! So, here on the school paper we decided to ask some children what they thought of this new idea and ask them how much fruit and vegetables they are already eating.

"I only eat about 5 pieces of fruit per week!" - Kieran W. (Year 6)

"I try and eat some fruit and vegetables every day." - Ellie Mc. (Year 6)

"I hate fruit and vegetables! I prefer to eat crisps!" - Josh H. (Year 6)

I'm sure you will have your own opinion on fruit and vegetables and how much you eat every day, but maybe, 10 pieces is too much?!

TOP 5 Pancake Toppings!

1. Nutella/chocolate spread
2. Ice Cream
3. Fruit
4. Syrup/Honey
5. Lemon & Sugar

CONTENTS :

How much fruit & veg do you eat? - Page 1.

TOP 5 Pancake Toppings - Page 1.

Beauty & the Beast Colouring Page - Page 2.

Smarter than a 10 year old Quiz - Page 3.

Pancake Day Word Search - Page 4.

Quiz Answers - Page 4.

Pancake Jokes - Page 4.

Beauty & the Beast Colouring Page

To celebrate the release of the new Disney film, *Beauty & the Beast*, we have included a colouring page for you to cut out and keep of the film's main characters.



Smarter than a 10 year old T.V Show Quiz!

Here on the Beaufort Times, we thought it would be good to see if you (or your family) could answer these questions from the T.V show 'Smarter than a 10 year old'. On the show, parents and older family members have to compete against 10 year old children to answer questions on General Knowledge! So let's see if you can answer these questions, or even better try and see if your parents/guardians can answer them!

- ★ Q1. In what country would you find the city of Madrid in?
- ★ Q2. How many rings appear on the Olympic flag?
- ★ Q3. If Tom left home at 7:33am and arrived at school at 8:19, how long did it take him to get to school?
- ★ Q4. What 'letter' is located between the letters Z and C on a keyboard?
- ★ Q5. What is the next number in this sequence: 18, 24, 30, 36, ___
- ★ Q6. How many days are there in a fortnight?
- ★ Q7. Arachnids are more commonly know as what creature?
- ★ Q8. In English what is the correct term for this piece of punctuation?
!
- ★ Q9. What is the longest river in South America?
- ★ Q10. What is the 'preposition' in this sentence?
The girl sat on the chair.
- ★ Q11. Who was the British Prime minister at the end of the Second World War?
- ★ Q12. Can you unscramble these letters to arrange the name of a European country?
C E R F A N
- ★ Q13. In which country would you find the pyramids?
- ★ Q14. What is the name of the 'force' that keeps us down on the ground, which was discovered by Sir Isaac Newton?
- ★ Q15. What is the name of the author who wrote the children's books: *Gangsta' Granny* and *Mr Stink*?

ANSWERS ON THE BOTTOM OF PAGE 4.

Pancake Day Word Search

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

- Pancake
- Frying pan
- Sugar
- Eggs
- Flour
- Flip
- Shrove
- Milk
- Batter
- Nutella

★ ★

Pancake Day Jokes

★ Q. Did you hear what happened to
★ the angry pancake?

★ A. He just FLIPPED!

★ Q. How do you make a pancake
★ smile?

★ A. Butter him up!

★ Q. What do the New York
★ Yankees baseball team and
★ pancakes have in common?

★ A. They both need a good batter!

★ ★

**Smarter than a 10 year old
Quiz ANSWERS**

Q1. Spain
Q2. 5 rings
Q3. 46 mins
Q4. the letter X
Q5. 42
Q6. 14 days
Q7. Spiders
Q8. An exclamation mark
Q9. the Amazon
Q10. on
Q11. Winston Churchill
Q12. France
Q13. Egypt
Q14. Gravity
Q15. David Williams