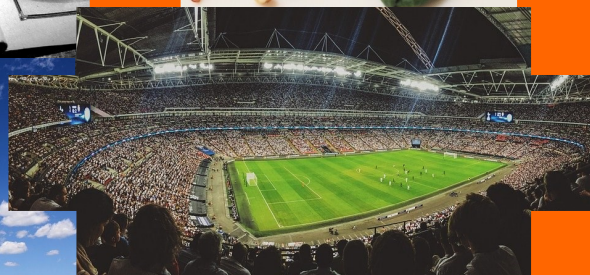
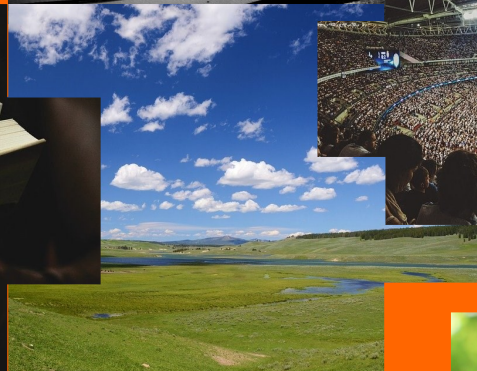


# 'food for thought'

## Issue 23

### Your Distraction Pack



Welcome to 23rd issue of 'food for thought'.

**Dictionary definition of**

**distrá'ction n.**

*“Something that prevents someone from giving their attention to something else”*

*“An activity that you do for pleasure”*

COVID-19 has affected us all in very different ways, but the common adjustment we have all had to make is that of self-isolation and how we each deal with that varies enormously. Some are finding it easy to distance themselves from others, whilst others are finding isolation difficult.

We are all responsible for making sure not only we, but others, are kept safe from infection and the only way to do that is to stay where you live and avoid close contact with others.

These Distraction Packs offer a variety of quizzes, activities and reading material to help distract you during the long periods of time spent alone. We hope you enjoy them.

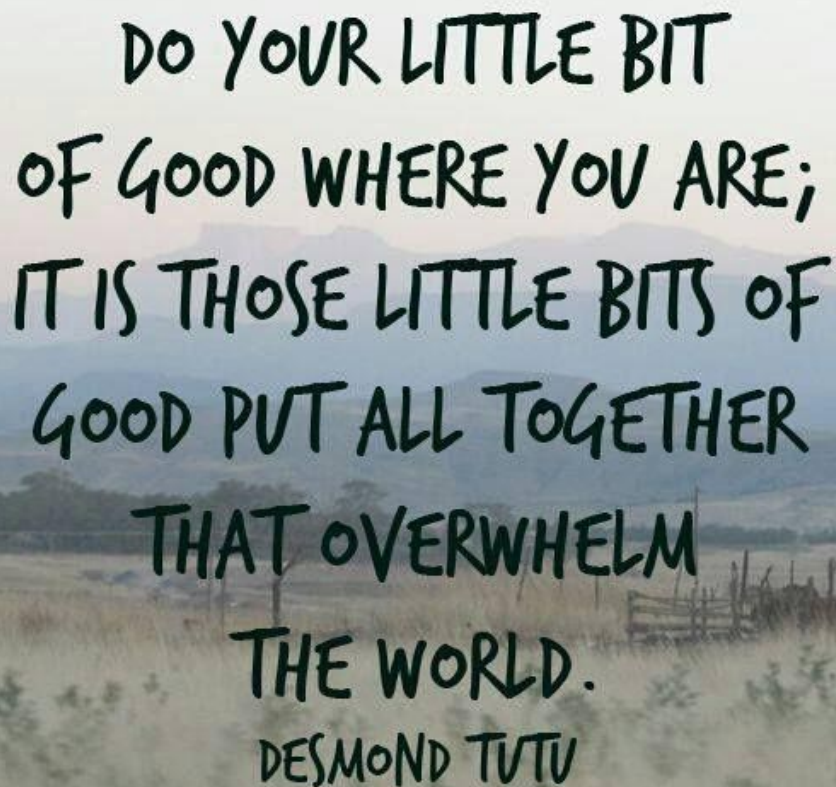
The answers are given at the back, so if you don't want to know what they are, don't look beyond page 24!



Having supported older individuals with convictions (in prisons and the community) for over ten years, RECOOP, part of the BCHA family, recognises the importance of keeping active, both physically and mentally. Our Distraction Packs, 'food for thought' are created with that in mind. [www.recoop.org.uk](http://www.recoop.org.uk)



BCHA is a not for profit, registered Housing Association, that has supported those experiencing homelessness for over 50 years. BCHA help the most vulnerable within our society 'find a way forward'. [www.bcha.org.uk](http://www.bcha.org.uk)

A photograph of a rural landscape with rolling hills and a field of tall grass under a clear sky. The text is overlaid on this image.

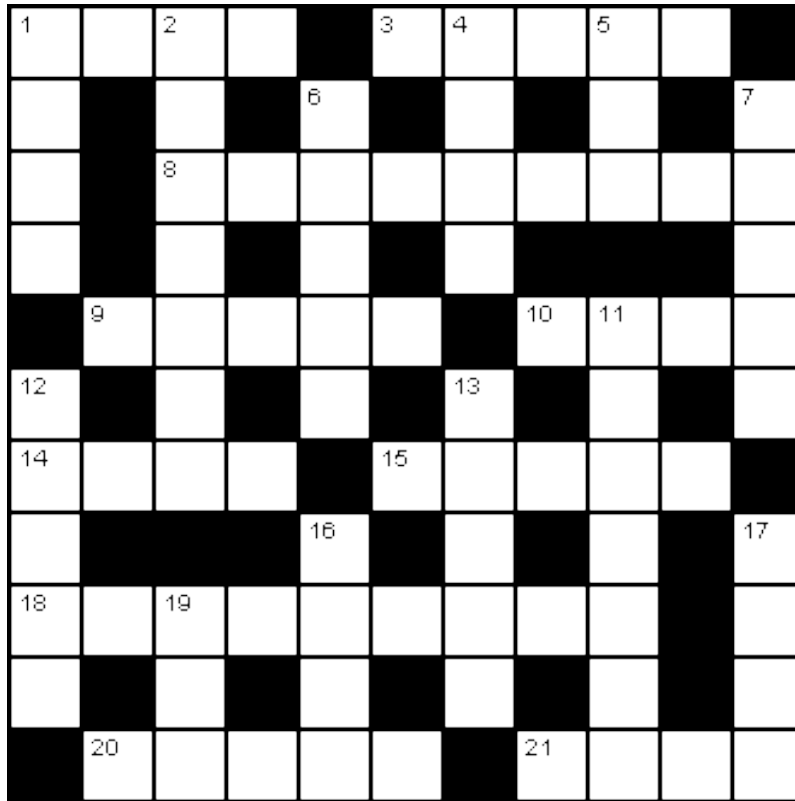
DO YOUR LITTLE BIT  
OF GOOD WHERE YOU ARE;  
IT IS THOSE LITTLE BITS OF  
GOOD PUT ALL TOGETHER  
THAT OVERWHELM  
THE WORLD.  
DESMOND TUTU

## Quiz 1 - Missing vowels

The vowels have been left out of these words - can you work them out?

1. STRL (9 Letters - Country)
2. KNGR (8 Letters - Animal)
3. LGBR (7 letters – Think Maths)
4. QSTRN (10 letters – a Sport)
5. MM (4 letters – Islamic prayer leader)
6. DSNTGRT (12 letters – decompose)
7. TRV (6 letters – what you are now doing)
8. CLLG (7 letters – place of learning)
9. RSN (7 letters – wearing away)
10. MSM (6 letters – exhibition house)
11. BTHVN (9 letters - classical composer)
12. RPLN (8 letters - film)

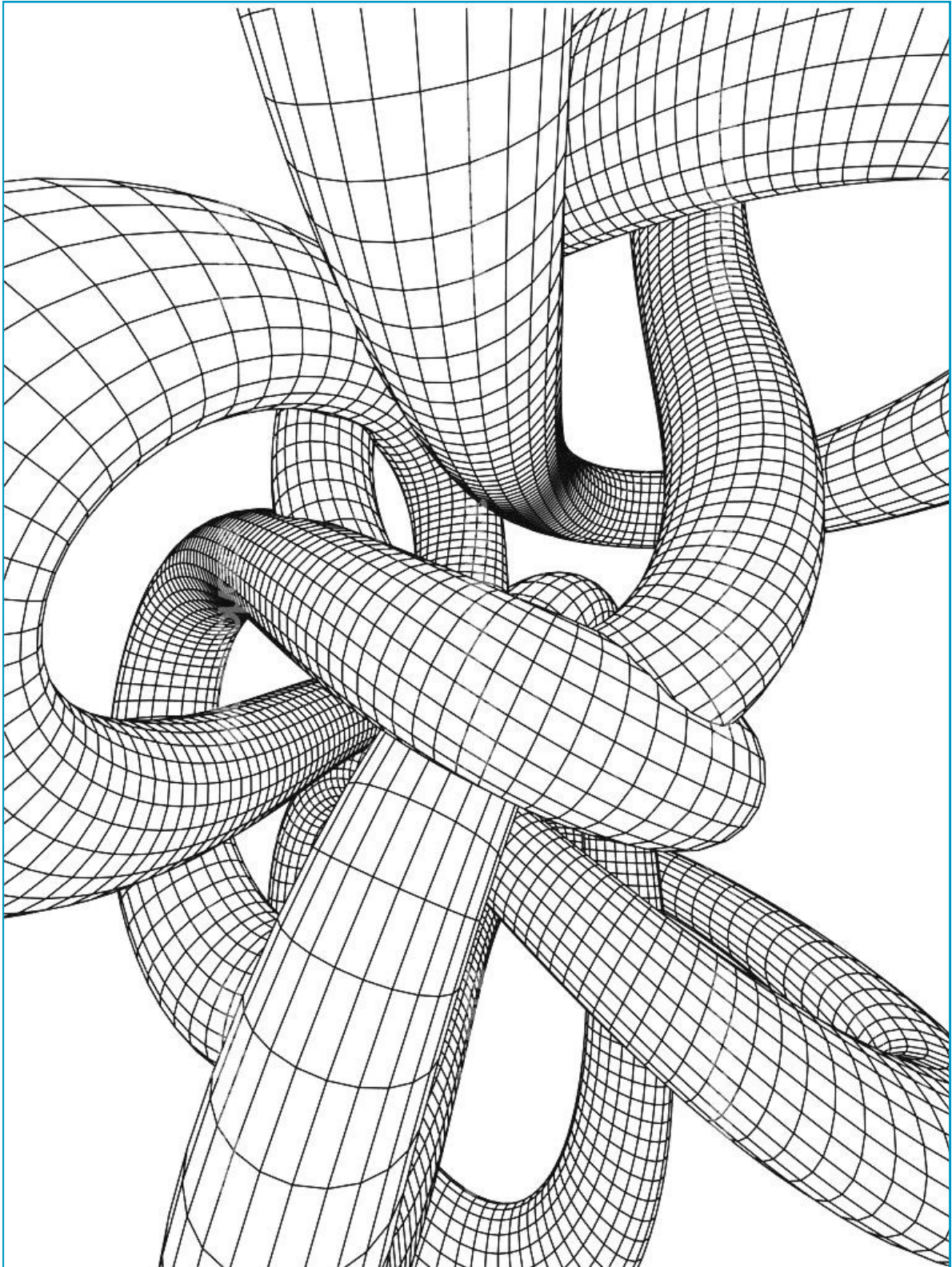
## Activity - Crossword



Across	Down
1. Metallic element	1. Nothing
3. Fruit	2. Roman counterpart of Greek Poseidon
8. Insular	4. Step
9. Bend	5. Garland
10. Female relative	6. Courageous
14. Portent	7. Arboreal mammal
15. System of reasoning	11. Imaginary creature
18. With identity concealed	12. Poisonous
20. Proverb	13. Subject
21. Jealousy	16. Highly excited
	17. Diminutive
	19. Type of fish

## Activity - Colouring

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



# Please come and register with your local GP

The NHS is here to support you and keep you safe

## You do not need:

- ✗ proof of address or ID
- ✗ proof of immigration status
- ✗ an NHS number

## How do I register with a GP?

- ✓ Find a GP and more information at [www.nhs.uk/register](http://www.nhs.uk/register)
- ✓ Telephone your local GP surgery and ask to be registered as a patient



The NHS is here to help and to keep you safe and well

## Quiz 2 - Animal Collective Nouns

Here is a list of nouns used to describe a group of animals. Can you match the animal with the collective noun?

Charm

Family

Bale/Nest

Caravan

Murder

Ambush/streak

Pack

Troop/Mob







## Health Watch

### Your Liver

Over the coming months we will be looking at our vital organs, their purpose and how to look after them. We start with your liver.

The liver is just as vital an organ as the heart, but people often fail to appreciate the importance of keeping it healthy.



If you place your right hand over the area under the ribs on the right side of your body it will just about cover the area of your liver.

The liver is the largest gland, and the largest solid organ in the body, weighing some 1.8kg in men and 1.3kg in women. It holds approximately 13% (about one pint or 0.57 litres) of your total blood supply at any given time and has over 500 functions

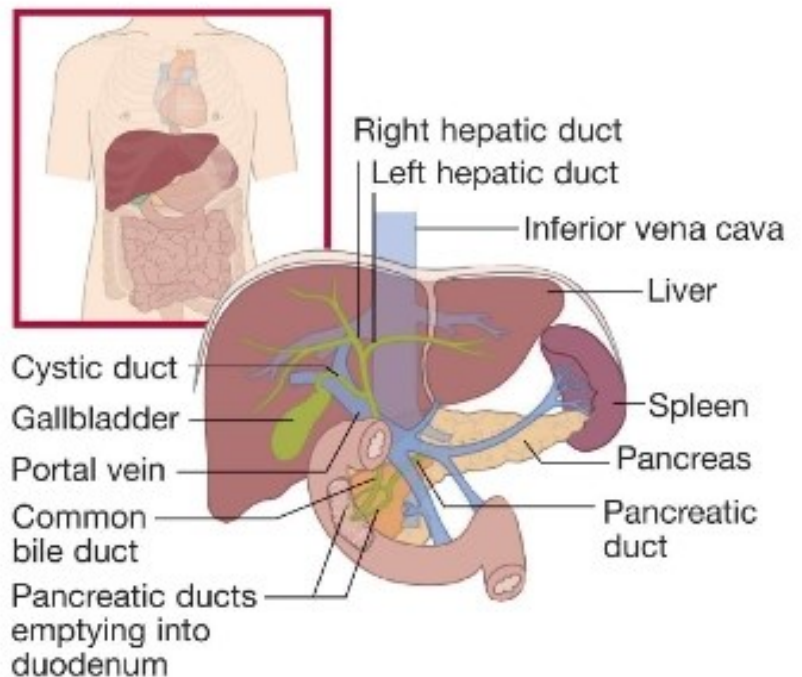
### Liver and its functions

The liver is dark reddish brown in colour and is divided into two main lobes (the larger right and the smaller left) which are further subdivided into approximately 100,000 small lobes, or lobules.

About 60% of the liver is made up of liver cells called hepatocytes which absorb nutrients and detoxify and remove harmful substances from the blood.

A hepatocyte has an average lifespan of 150 days. There are approximately 202,000 in every milligram of your liver tissue.

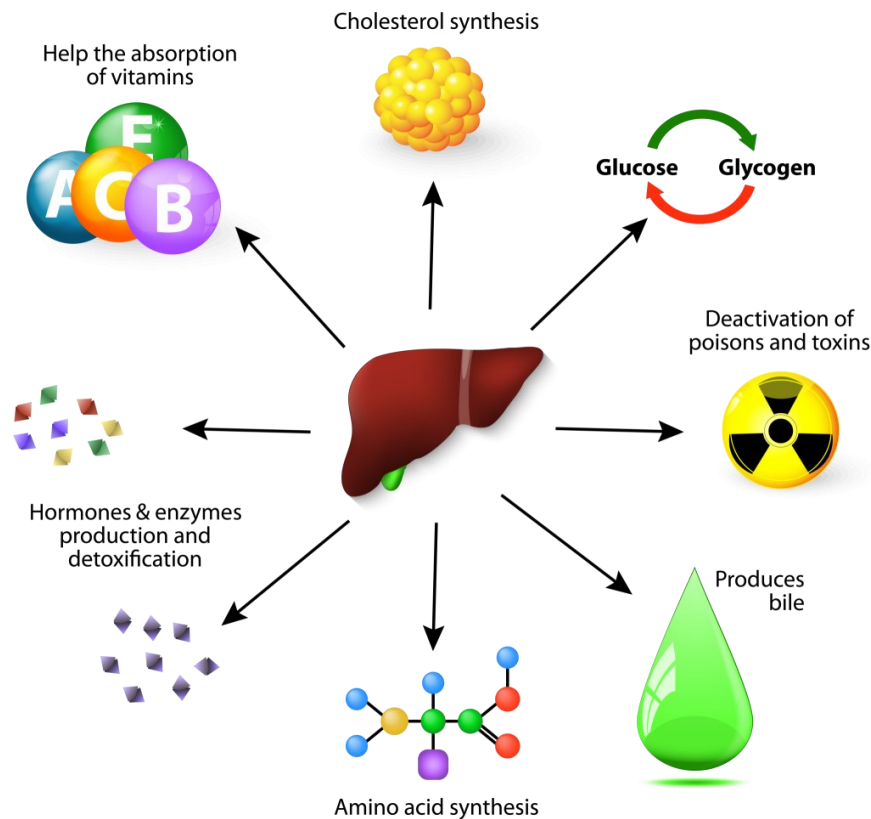
The liver receives its blood supply via the hepatic artery and portal vein.



Continued .....



## Your Liver continued



### Liver functions include:

- processing digested food from the intestine
- controlling levels of fats, amino acids and glucose in the blood
- combating infections
- clearing the blood of particles and infections, including bacteria
- neutralising and destroying all drugs and toxins
- manufacturing bile
- storing iron, vitamins and other essential chemicals
- breaking down food and turning it into energy
- manufacturing, breaking down and regulating numerous hormones, including sex hormones
- making enzymes and proteins which are responsible for most chemical reactions in the body, for example those involved in blood clotting and repair of damaged tissues.

continued .....



## Your Liver continued

Some of the most important functions:

### Producing quick energy

One of the liver's most important functions is to break down food and convert it into energy. Carbohydrates, such as bread and potatoes, are broken down to glucose and stored mainly in the liver and muscles as glycogen. When energy is required in an emergency the liver rapidly converts its store of glycogen back into glucose ready for use.

Your liver also helps the body to get rid of waste. Waste products which are not excreted by your kidneys are removed from the blood by the liver. Some of them pass into the duodenum and then into the bowel via the bile ducts.

People with liver damage may sometimes lose the ability to control glucose concentration in the blood and need a regular supply of sugar.

### Fighting infections

Your liver plays a vital role in fighting infections, particularly infections arising in the bowel. It does this by mobilising part of your body's defence mechanism called the macrophage system. The liver contains over half of the body's supply of macrophages, known as Kupffer cells, which literally destroy any bacteria that they come into contact with. If the liver is damaged in any way its ability to fight infections is impaired.

Symptoms of liver damage can be difficult to spot as they are not always obvious – they can include tiredness, nausea and itching.

Your liver works hard and can take a lot of abuse, but it is like an elastic band – it can only stretch so far before it breaks.

Source: [britishlivertrust.org.uk](http://britishlivertrust.org.uk)

Tips on how to look after your liver can be found on the following pages.



## **Your Liver continued**

Tips on how to look after your Liver

### **1. Watch your alcohol intake**

Every time your liver filters alcohol, it has to work a little harder and some of its cells die.

Drinking large amounts, even just for a few days, may cause a build-up of fats known as alcoholic fatty liver disease, which can potentially lead to a life-threatening illness. So give yourself a break. Drink no more than 14 units of alcohol, and have at least two or three booze-free days, each week.

### **2. Reduce your portion sizes**

Around a third of the UK population suffers from non-alcoholic fatty liver disease (NAFLD) – a build-up of liver fat that's normally associated with being overweight or obese. One way to trick yourself into downsizing your portions is to use smaller plates and cutlery. Eliminating larger-sized portions from the diet completely could reduce calorie intake by up 16 per cent, and so hold the key to weight loss.

### **3. Cut down on fizzy drinks**

Just one sugar-sweetened soft drink each day is associated with an increased risk of NAFLD. So switch to diet versions – or better still, drink water instead.

### **4. Drink plenty of water**

Water plays a crucial role in helping the liver flush toxins out of your system. Not drinking enough will cause the blood to thicken, making it more difficult to filter.

Everyone's fluid needs vary, but as a rough guide, you should aim to drink around 1.2 litres water daily.

### **5. Have a (decaf) coffee break**

There's evidence to suggest that coffee may be good for the liver, too. Researchers at the National Cancer Institute in the US found that people who drink at least three cups of decaffeinated coffee each day had lower levels of abnormal liver enzymes, suggesting that chemical compounds other than caffeine in coffee may protect the liver.

Continued .....



## Your Liver continued

### 6. Stop smoking

Smoking is a risk factor for liver disease and can exacerbate the symptoms.

Nicotine raises the levels of fat in the blood, while the liver has to work hard to filter all those smoking-related toxins.

### 7. Get moving

Regular exercise will boost your overall health, which in turn has a positive effect on liver function.

Remember, every little helps: any exercise, regardless of frequency or intensity, can be of benefit to people with NAFLD.

### 8. Eat more nuts

Upping your intake of vitamin E can help reduce symptoms of liver disease by preventing cell damage. Good sources include nuts, seeds, wheatgerm, leafy greens and vegetable oils.

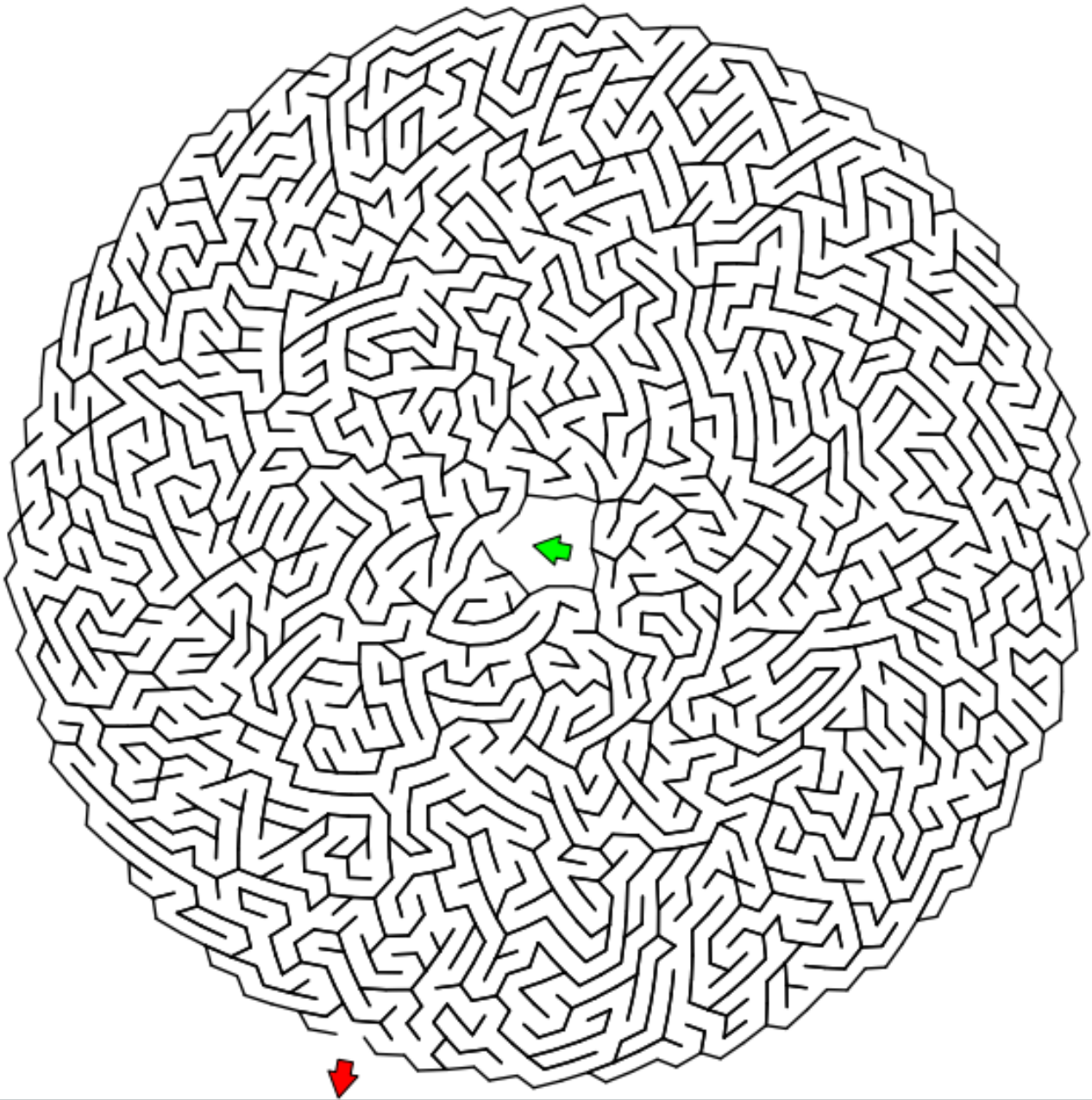
### 9. Cut down on carbs

A low-carbohydrate diet could improve the liver function of people with NAFLD. Sugar and starchy foods, such as bread and potatoes, pose a particular threat. This is because they are rapidly turned into glucose, which is initially stored in the liver while any excess is stored as body fat.

If you have any health concerns, visit Healthcare.

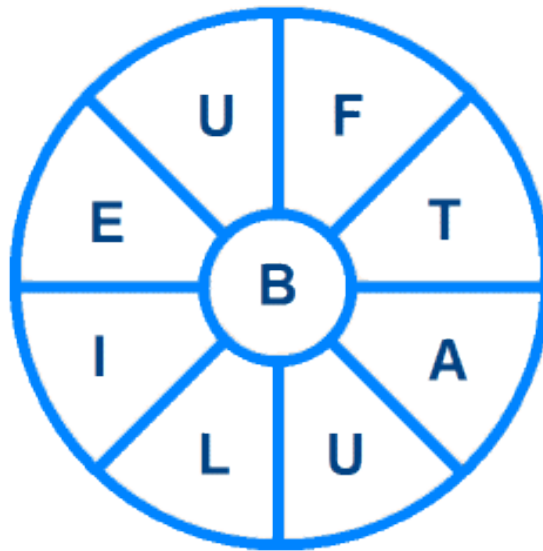
## Activity - Maze

Can you find your way out starting in the centre and finishing at the red arrow?



## Activity - Word Wheel

How many words can you make from the letters in the wheel? Each word must contain the hub letter B. Can you find a 9-letter word?





## Self-isolating Top Tips:



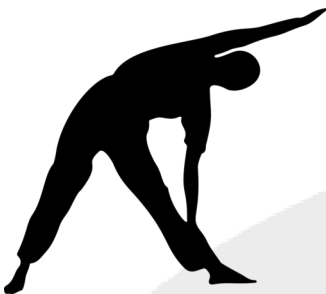
- Try and change your daily routine as much as is possible.



- Talk to neighbours - from a distance of at least 2 metres - as engaging with others is important for mental wellbeing.



- Open a window to let in fresh air, particularly if you cannot venture out for your daily exercise.



- Try doing some exercises in your room.



- Drink plenty of water - it's important to keep hydrated. It is recommended we drink 2 litres a day.



## Where shall we go today ...

### Let's visit Bath

**Bath** is the largest city in Somerset, known for and named after its Roman-built baths. In 2011, the population was 88,859. Bath is in the valley of the River Avon, 97 miles (156 km) west of London and 11 miles (18 km) southeast of Bristol. The city became a World Heritage site in 1987.

The city became a spa with the latin name *Aquae Sulis* ("the waters of Sulis") c. 60 AD when the Romans built baths and a temple in the valley of the River Avon, although hot springs were known even before then.

Bath Abbey was founded in the 7th century and became a religious centre; the building was rebuilt in the 12th and 16th centuries. In the 17th century, claims were made for the curative properties of water from the springs and Bath became popular as a spa town in the Georgian era. Georgian architecture, crafted from Bath stone, includes the Royal Crescent, Circus, Pump Room and Assembly Rooms where Beau Nash presided over the city's social life from 1705 until his death in 1761.



*Great Bath at the Roman Baths. The entire structure above the level of the pillar bases is a later construction and was not a feature of the building in Roman days.*

Many of the streets and squares were laid out by John Wood the Elder, and in the 18th century the city became fashionable and the population grew. Jane Austen lived in Bath in the early 19th century. Further building was undertaken in the 19th century and following the Bath Blitz in World War II. Bath became part of the county of Avon in 1974 and, following Avon's abolition in 1996, has been the principal centre of Bath and North East Somerset.

Bath has up to 1.3 million yearly visitors, making it one of ten English cities visited most by overseas tourists. Attractions include the spas, canal boat tours, Royal Crescent, Bath Skyline, Parade Gardens and Royal Victoria Park which hosts carnivals and seasonal events. There are theatres, including the Theatre Royal, as well as several museums including the Museum of Bath Architecture, the Victoria Art Gallery, the Museum of East Asian Art, the Herschel Museum of Astronomy, Fashion Museum and the Holburne Museum.

Continued .....

## Let's visit ..... Bath continued

Pulteney Bridge (photo right) crosses the River Avon. It was completed by 1774 and connected the city with the land of the Pulteney family which they wished to develop. Designed by Robert Adam in a Palladian style, it is exceptional in having shops built across its full span on both sides. It has been designated as a Grade I listed building



The city of Bath's coat of arms includes a depiction of the city wall, and two silver strips representing the River Avon and the hot springs. The sword of St. Paul is a link to Bath Abbey. The supporters, a lion and a bear, stand on a bed of acorns, a link to Bladud, the subject of the Legend of Bath. The knight's helmet indicates a municipality and the crown is that of King Edgar (referencing his coronation at the Abbey). A mural crown, indicating a city, is alternatively used instead of the helmet and Edgar's crown.

The Arms bear the motto "Aqvae Svlis", the Roman name for Bath in Latin script; although not on the Arms, the motto "Floreat Bathon" is sometimes used ("may Bath flourish" in Latin).

The city is connected to Bristol and the sea by the River Avon, navigable via locks by small boats. The river was connected to the River Thames and London by the Kennet and Avon Canal in 1810 via Bath Locks; this waterway – closed for many years but restored in the last years of the 20th century – is now popular with narrowboat users.



*Narrowboat in Bath  
Deep Lock*

Source: Wikipedia

## Quiz 3 - Football

1. Which American businessman became owner of Aston Villa in 2006?
2. Which mercurial French footballer joined Marseille from West Ham United in January 2017?
3. Which Bolton Wanderers midfielder scored 14 goals in over 100 appearances following a move from PSG in 2002? The fans said he was so good they named him twice.
4. Which English midfielder made his international debut in England's 6–0 win against Luxembourg in September 1999? He went on to make 33 appearances for his country and made his last appearance in 2007 under Steve McLaren.
5. Who was the oldest outfield player in England's 2002 World Cup Finals squad?
6. Who was the youngest outfield player in England's Euro 2004 Finals squad?
7. Which Australian defender made 279 Premier League appearances for Blackburn Rovers, West Ham United and Everton?
8. As of 2020, who is the only Brazilian to have managed in the English Premier League?



## Quiz 4 - Back in history

All these events happened in March, but can you match the year?



1. Seven former high-ranking officials of the Nixon White House were indicted for conspiring to obstruct the investigation into the Watergate break-in. Among those indicted; former chief of staff H.R. Haldeman, former top aide John Ehrlichman and former attorney general John Mitchell.
2. King Charles II of England granted a huge tract of land in the New World to William Penn to settle an outstanding debt. The area later became Pennsylvania.
3. The "Iron Curtain" speech was delivered by Winston Churchill at Westminster College in Fulton, Missouri. Churchill used the term to describe the boundary in Europe between free countries of the West and nations of Eastern Europe under Soviet Russia's control.
4. The island of Bermuda was colonized by the British after a ship on its way to Virginia was wrecked on the reefs.
5. The Church of England ordained 32 women as its first female priests. In protest, 700 male clergy members and thousands of church members left the church and joined the Roman Catholic Church which does not allow women priests.
6. Organist and composer Johann Sebastian Bach was born in Eissenach, Germany. His output included thousands of compositions, many used in churches. Among his best known works; *The Brandenburg Concertos* for orchestra, *The Well-Tempered Clavier* for keyboard, the *St. John* and *St. Matthew* passions and the *Mass in B Minor*.
7. The Philippine Islands in the South Pacific were granted independence by President Franklin D. Roosevelt after nearly 50 years of American control.
8. The worst accident in the history of civil aviation occurred as two Boeing 747 jets collided on the ground in the Canary Islands, resulting in 570 deaths.

1681   1977   1974   1934   1685   1609   1946   1994

## Activity - Hidato

Fill the grid with the numbers 1 to 36 to make a path in sequential order. Connect the numbers horizontally, vertically or diagonally. The start and finish numbers are highlighted. If you're still not sure have a very quick peek at the answers!

1		28	23	24	21
2	30		25		20
	31	26			
		15	14	13	
	36	5	12	8	10
35		6	7	11	9

EASY



2	1		18		36
	23	21	20	17	
	5		16	15	34
			12	33	
7	9	26		13	32
8	27		29	30	31

35			26		24
36	13		27	23	
12	14	28	31	30	
				18	20
	8	5		19	
9	7		4		1

MEDIUM



4		36	35	19	
5	2	33		18	
6		1	17		
	7	31			23
10	9	14		24	26
	12	13			

	36			28	27
35		1			26
	2	32	22	23	25
3	5	10			20
8				12	18

HARD



13	12	15			6
					4
22		18	10	3	8
	28				2
24	27			36	1
25		32			

## **R** The Reader - **Travel by Edna St. Vincent Millay**

Here's our new feature from 'The Reader'. The box on the right is the poem and the box on the left are thoughts on the passage from 'The Reader'.

Remember to take your time. Try reading the poem out loud a few times, if you can. We are just checking in with what we're thinking, and as we read the poem we may find more thoughts come along. How does it make you feel? Is there a particular line or bit that you like or stands out in some way?

*Where do you picture this person living? As "The railroad track is miles away" perhaps in the countryside, in a remote place where the train does not pass through?*

**"And the day is loud with voices speaking/Yet there isn't a train goes by all day/But I hear its whistle shrieking."**

*Have you ever noticed that when we live in a place with background noise, like airplanes flying overhead or street noise or church bells, over time we can stop hearing them... it's almost as if we learn to block them out... ?*

*In contrast, here, amidst the business of her day, living miles away from the train, she seems to be listening for its "whistle shrieking"? Why might this be? I'm feeling a sense of restless spirit, perhaps she's longing for the sound of it. What do you think?*

*continued ...*

### **Travel**

The railroad track is miles away.  
And the day is loud with voices speaking,  
Yet there isn't a train goes by all day  
But I hear its whistle shrieking.

All night there isn't a train goes by,  
Though the night is still for sleep and dreaming,  
But I see its cinders red on the sky,  
And here its engine steaming.

My heart is warm with friends I make,  
And better friends I'll not be knowing;  
Yet there isn't a train I wouldn't take,  
No matter where it's going.

Edna St. Vincent Millay

## 'The Reader' - Travel

*Do you think the lure of the train is positive? What is the lure for - change, desire, escape? Perhaps trains represent opportunity?*

**“Yet there isn’t a train I wouldn’t take/No matter where it’s going.”**

*Have you ever felt like this – as if you could let go and give up everything for the joy of an adventure or to seize an opportunity, not knowing where it will take you?*

*I’m wondering if in our story today, this is how Jim felt when he set off on his train journey – or when he arrived at his final destination. What do you think?*

*For me, this poem celebrates the pure act of travel and lifts my spirits – I hope you like it, too.*

**Edna St. Vincent Millay** (February 22, 1892 – October 19, 1950) was an American lyrical poet and playwright.

Encouraged to read the classics at home, she was too rebellious to make a success of formal education, but she won poetry prizes from an early age, including the Pulitzer Prize in 1923, and went on to use verse as a medium for her feminist activism. She also wrote verse-dramas and a highly-praised opera *The King's Henchman*. Her novels appeared under the name Nancy Boyd and she refused lucrative offers to publish them under her own name.

Millay was a prominent social figure of New York City's Greenwich Village, just as it was becoming known as a bohemian writer's colony and she was noted for her uninhibited lifestyle, forming many passing relationships with both sexes. A road accident in middle-age left her part-invalided and morphine-dependent for life.

Source: Wikipedia

## Activity - Spot the Difference

Can you find the 10 differences?





**Quiz 5 - Words** Try to work them out before looking at the Hints!

1. What singular word becomes plural if you add one S but remains singular if you add two SSs?

**HINT:** There's a word that starts with the letters "Br", a word that starts with the letters "Mi", and a word that starts with the letters "Pr".

2. What common, non-hyphenated word contains the following letter sequence:

**W B E**

**HINT:** The word starts with the letter S

3. What is the partially revealed common eight letter word?



**HINT:** The third letter is an A

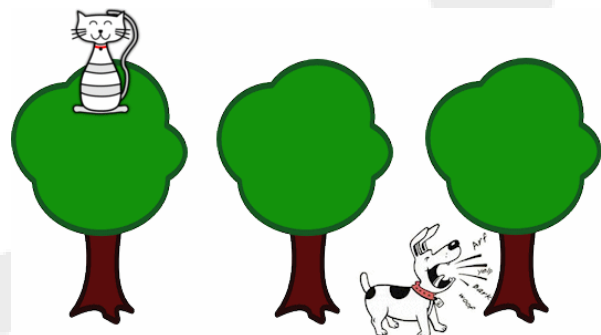
4. What nine letter word is partially revealed below?



**HINT:** The colour of the letters is a clue to the word.

5. What common expression/saying is shown in this image?

**HINT:** What is the dog doing?



## Activity - Word Search - Artists

Can you find the artists? They may be horizontal, vertical or diagonal.



BOTTICELLI, CANALETTO, CEZANNE, CONSTABLE,

DALI, DA VINCI, DEGAS, GAINSBOROUGH, GAUGUIN,

GOYA, HOLBEIN, KLIMT, MANET, MATISSE, MICHELANGELO,

MONET, PICASSO, POLLOCK, RAPHAEL, REMBRANDT,

RENOIR, TURNER, VAN GOGH.

## Quiz 6 - Nutrition - True or False

Do you think the following statements are true or false?



1. Fruit juice and baked beans count as one portion of your fruit and vegetable intake.
2. If I eat lots of fruit I don't need to eat any vegetables.
3. Your fruit and vegetable intake must come from fresh fruit and vegetables only.
4. People should consume at least 5 portions of fruit and vegetables per day.
5. Wholegrain bread, beans and lentils are a rich source of fibre.
6. A diet containing an adequate supply of fibre will help prevent constipation, lower blood cholesterol levels and help control blood glucose levels.
7. There is more calcium in a pint of skimmed milk than in a pint of whole milk.
8. Turnips and oranges are a source of calcium.
9. Sunlight is a source of vitamin D.
10. A diet containing an adequate amount of calcium and vitamin D will help prevent against osteoporosis.
11. Red meat is a rich source of iron.
12. Oily fish contains omega 3.
13. Saturated fat is better for you than monounsaturated or polyunsaturated fat.
14. Adults should consume a maximum of 6 grams of salt per day.

**Activity - 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	4			3		
7			5					
		6				7		1
	2	4	3		6		1	
	3			8			4	
6						9		
8					4			9
	7			9	1	8	6	
			7			2		

EASY



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

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

MEDIUM



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

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

HARD



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

## ANSWERS -

### Activity - Crossword

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

### Quiz 1 - missing vowels

1. Australia
2. Kangaroo
3. Algebra
4. Equestrian
5. Imam
6. Disintegrate
7. Trivia
8. College
9. Erosion
10. Museum
11. Beethoven
12. Airplane

### Quiz 2 - Collective Animal Nouns

1. Otters - a family
2. Fox - a charm
3. Camels - a caravan
4. Wolves - a pack
5. Kangaroos - a troop or a mob
6. Otters - a family
7. Tigers - an ambush or a streak
8. Crows - a murder

### Activity - Word Wheel

9-letter word - BEAUTIFUL

Some other words of four letters or more containing the hub letter **B**:

abet, able, abut, bail, bait, bale, bate, beat, beau, belt, beta, bile, bite, blae (Scot), blue, flab, flub, tuba, tube, befit, bleat, built, fable, table, tubal, albeit, albite, fibula, tubful, tubule.

### Quiz 3 - Football

1. Randy Lerner
2. Dimitri Payet
3. Jay-Jay Okocha
4. Kieron Dyer
5. Teddy Sheringham
6. Wayne Rooney
7. Lucas Neill
8. Luiz Felipe Scolari

# ANSWERS

## Hidato

1	29	28	23	24	21
2	30	27	25	22	20
3	31	26	16	17	19
32	4	15	14	13	18
33	36	5	12	8	10
35	34	6	7	11	9

EASY



2	1	22	18	19	36
3	23	21	20	17	35
4	5	24	16	15	34
6	25	10	12	33	14
7	9	26	11	13	32
8	27	28	29	30	31

35	34	33	26	25	24
36	13	32	27	23	22
12	14	28	31	30	21
11	15	16	29	18	20
10	8	5	17	19	2
9	7	6	4	3	1

MEDIUM



4	3	36	35	19	20
5	2	33	34	18	21
6	32	1	17	16	22
8	7	31	15	25	23
10	9	14	30	24	26
11	12	13	29	28	27

34	36	30	29	28	27
35	33	1	31	24	26
4	2	32	22	23	25
3	5	10	16	21	20
6	9	15	11	17	19
8	7	14	13	12	18

HARD



13	12	15	16	5	6
21	14	11	17	7	4
22	20	18	10	3	8
23	28	19	30	9	2
24	27	29	31	36	1
25	26	32	33	34	35

## ANSWERS - Spot the Difference



## Quiz 4 - Back in history

1. March 1, 1974
2. March 4, 1681
3. March 5, 1946
4. March 12, 1609
5. March 12, 1994
6. March 21, 1685
7. March 24, 1934
8. March 27, 1977

## Quiz 5 - Words

1. Bra (-> Bras -> Brass)  
Care (-> Cares -> Caress)  
Deadline (-> Deadlines -> Deadliness)  
Millionaire (-> Millionaires -> Millionairess)  
Ogre (-> Ogres -> Ogress)  
Prince (-> Princes -> Princess)  
Timeline (-> Timelines -> Timeliness)
2. STRAWBERRY
3. MEANTIME or MEALTIME
4. SHIPWRECK
5. Barking up the wrong tree. The meaning of this expression/saying usually means looking for something in the wrong place or going about something in the wrong way.

## ANSWERS

### Quiz 6 - Nutrition - True or False

1. True – fruit juice can only count for one of your 5 portions per day i.e. you can't have 5 glasses of juice and say you have had your 5 a day).
2. False – you need to eat a wide variety of fruit and vegetables for a healthy diet.
3. False – your fruit and vegetable portions can be made up of dried, frozen or tinned fruit and vegetables
4. True.
5. True.
6. True
7. False – skimmed milk contain less fat but the same amount of calcium
8. False.
9. True.
10. True.
11. True – green leafy vegetables are also a good source of iron.
12. True.
13. False.
14. True.





## ANSWERS - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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