DADLG

Registered Charity Number 1049610



Community Short Breaks: Families

STAYING SAFE—KEEPING CONNECTED

Virtual Activities—Edition 3

Check out our new Instagram account at dadlg08

Inside this edition

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If you have any ideas for activities, puzzles or games or just want to get in touch we are still here on Facebook, Twitter, our website and at the usual email address.





Photo Gallery

This is the page where we'll share photos of the things you're doing.



There's real concentration here potting sunflowers.

Don't forget to send us photos of how tall they're growing. Prizes in just a few weeks.

Who will be on this page next time?



Easy Fish Cakes with lots of choice!						
	Partie Ball					
2	200g	1 lemon	1	100g	1	
medium potatoes	cooked fish	juice only	egg, beaten	bread- crumbs	tbsp oil	
Swaps to try.						
Swap ordinary potatoes for sweet potatoes	Try tinned tuna or salmon or cook 200g of your favourite fish	Try adding 1 or all of these: 2 chopped spring onions, 1 tbsp chopped chives or parsley, 1 tbsp grated Cheddar, 1 tbsp mustard	If you have an egg allergy leave it out	Can't make bread- crumbs? Use 100g crushed cream crackers or similar	Add salt and pepper to season to taste.	
Safety first—parent/carer help may be needed.						
1. Preheat the oven to 220C/425F/Gas Mark 7						
	e potatoes th ted take off	the heat and	il in their ski leave to coo		ey feel soft	

3. Peel the skins off the potatoes and mash them in a bowl.



If you are using any of the extra ingredients, add them now.

4. Add the fish to the potato mixture and mix well.

5. Wet your hands a little bit then roll small balls of the mixture in your hands. Use the flat of your hand to press them down.



6. Put the beaten egg on a plate and the breadcrumbs on another. Dip each fishcake first in egg then breadcrumbs. If not using egg just press onto breadcrumbs on both sides.





7. Brush a baking tray with the oil. Place the fishcakes on the tray and bake in the preheated oven for 10 minutes. Turn over then bake for another 10 minutes or until golden brown.

8. Remove from the oven then tuck in!



and leave to cool slightly.—

Jack Parkin says he doesn't like bananas but he likes fishcakes. Hope you like these Jack!

Colour the picture according to the chart

resources



Colour-in dinosaur

ANSWER PAGE—Here are the answers to the quizzes in

Newsletter 2

How many did you get right?

Page 2—Name the dog breeds

- 1. Labrador2. Greyhound3. Jack Russell
- 4. Great Dane 5. Bulldog
- 6. Beagle

9. Bloodhound

- 7. Afghan Hound 8. Spaniel
- 10. Shitsu 11. Dalmation 12. Poodle
- Did any of the pictures catch you out?

Page 5—Places DADLG have visited

Blackpool	Yorkshire Wildlife Park
Cadbury World	The Deep, Hull
Whitby	Diggerland
Gala Theatre, Durham	Lego Discovery Centre, Manchester

Why not colour in





Carry on Staying Safe—Keeping Connected From everyone at DADLG! **FIND US ON** Www.dadlg.org DADLG DURHAM @dadlgdurham dadlg08

Contact Us



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