Travel and transportation

Transport Word Search

CAR  HELICOPTER
BUS  WALK
TRAM  BICYCLE
AIRPLANE  MOTORBIKE
TRAIN  TRUCK
BOAT  SKATEBOARD
SUBMARINE  SHIP
SLEIGH  HORSE

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Transport Word Search

Helicopter
Ambulance
Van
Bicycle
Boat
Tractor
Spaceship
Ferry

Lorry
Aeroplane
Car
Bus
Train
Scooter
Yacht

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Transport Maze

The man is waiting to drive home but he has forgotten where in the car park he has parked his car. Can you guide him through the maze to find it?

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Transport Maze

This boy is warning his skateboard from home. Can you guide him back through and steak past maze to find her?

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It is never too early to start planning for winter! Can you help our snowplow get through the maze of streets?
Philly Cheesesteak Hoagie

Ingredients:

- 2 tbsp. olive oil
- 2 medium onions, thinly sliced
- Kosher salt
- pepper
- 1 small red pepper, sliced
- 1 small green pepper, sliced
- 1 1/2 lb. sirloin steak, very thinly sliced
- 4 oz. sliced American or provolone cheese
- 4 hoagie or hero rolls

Directions:

- Heat 1 tablespoon olive oil in large skillet over medium heat. Add onions, season with 1/4 teaspoon each salt and black pepper and cook, covered, stirring occasionally, 8 minutes.
- Uncover the skillet and add the sliced peppers. Cook, stirring occasionally, until golden brown and very tender, 6 to 8 minutes more; transfer vegetables to a bowl.
- Wipe out the skillet and heat the remaining tablespoon oil over medium-high heat. Season steak with 1/2 teaspoon each salt and black pepper and cook, tossing occasionally, until browned and cooked through, 3 to 4 minutes.
- Lay the sliced cheese over the steak; cover and cook until the cheese melts, about 2 minutes. Remove from the heat and gently fold cheese into steak. Form sandwiches with the hoagie rolls, the steak mixture and the onions and peppers.

Nutritional information (per sandwich):

About 725 calories, 40.5 g fat (15.5 g saturated), 47 g protein, 940 mg sodium, 43 g carb, 4 g fiber
Caprese Salad in a Jar

Ingredients:

- 5 cups cherry or grape tomatoes
- 5 cups pearl mozzarella or
- 20 fresh basil leaves
- 1/8 cup extra-virgin olive oil
- 1 teaspoon sea salt

Directions:

- In four individual jars, distribute the tomatoes, mozzarella and basil. Sprinkle with the salt and drizzle with the extra virgin olive oil.
- Seal the jars and refrigerate. You can prepare them the night before. Take out from the refrigerator when ready to go.

Chef’s Tips:

- Salads in a jar make a great food to enjoy while on the go!
- Try tacos in a jar, tacos but without the tortilla shell

Nutritional Facts:

Yields: 4 servings | Serving Size: 1-1/2 cups | Calories: 177 | Total Fat: 11 g | Saturated Fat: 5 g | Trans Fat: 0 g | Cholesterol: 23 mg | Sodium: 173 mg | Carbohydrates: 6 g | Dietary Fiber: 2 g | Sugars: 4 g | Protein: 13 g