

# Our Wonderful World

## Week 2 – Superb Seas

This week's food theme is our world's incredible oceans. Did you know that the Pacific Ocean is the largest ocean on the planet, covering a whopping 30% of the Earth's surface!



This week's Carl Warner picture is a lovely harbour scene, I think it's a bit harder to spot the foods he has used in this one! Can you see them all? Here is a link to it in case you'd like to see a bigger version.

<https://www.telegraph.co.uk/foodanddrink/foodanddrinkpicturegalleries/9664001/A-World-of-Food-amazing-foodscapes-by-Carl-Warner.html?frame=2392489>

Here are some recipes that you can try along the Superb Seas theme. Each one has a link to the recipe, and a shopping list. Some recipes are American and so I have swapped out some of the ingredients in the shopping list where necessary. Have fun with the recipes and don't worry if they don't turn out exactly like the pictures!

Recipe Name	Recipe Link	Shopping List
Sea Turtle Snack	<a href="https://www.pre-kpages.com/ocean-theme-snack-sea-turtles/">https://www.pre-kpages.com/ocean-theme-snack-sea-turtles/</a>	<ul style="list-style-type: none"> <li>• A flatbread (or you could swap this for a pancake)</li> <li>• Green grapes                             <ul style="list-style-type: none"> <li>• Kiwi</li> </ul> </li> <li>• Two raisins</li> </ul>
Crabby Croissants	<a href="https://www.eatsamazing.co.uk/family-friendly-recipes/party-food-ideas-recipes/cheese-tomato-croissant-crabs-recipe">https://www.eatsamazing.co.uk/family-friendly-recipes/party-food-ideas-recipes/cheese-tomato-croissant-crabs-recipe</a>	<ul style="list-style-type: none"> <li>• Croissants</li> <li>• Cheese, tomatoes, ham, any filling you fancy!</li> <li>• Googly eyes</li> </ul>
Cucumber Boats	<a href="https://www.naturalbeachliving.com/boat-shaped-snack/">https://www.naturalbeachliving.com/boat-shaped-snack/</a>	<ul style="list-style-type: none"> <li>• Cucumber                             <ul style="list-style-type: none"> <li>• Carrot</li> <li>• Cheese</li> </ul> </li> <li>• Yellow Pepper</li> <li>• Sour Cream Dip (or any dip)</li> </ul>

		<ul style="list-style-type: none"> <li>• Red gummy ring sweet</li> </ul>
Day At The Beach Cupcakes	<a href="https://www.naturalbeachliving.com/summer-themed-cupcakes-beach/">https://www.naturalbeachliving.com/summer-themed-cupcakes-beach/</a> (This recipe uses pre-bought, un-iced cupcakes, and pre-made icing, but you could make your own if you wanted to)	<ul style="list-style-type: none"> <li>• Un-iced cupcakes</li> <li>• Butter icing</li> <li>• Digestive biscuits (crumbled up)</li> <li>• Maoam stripes (or similar)</li> <li>• Jelly babies</li> <li>• Cocktail umbrellas</li> </ul>
Fish Friend Rice Cakes	<a href="https://www.forkandbeans.com/2017/05/27/ocean-themed-snack-ideas/">https://www.forkandbeans.com/2017/05/27/ocean-themed-snack-ideas/</a> (There is also a great crabby hummus dip on this page too!)	<ul style="list-style-type: none"> <li>• Rice Cakes</li> <li>• Hummus</li> <li>• Carrots</li> <li>• Mini bell peppers</li> <li>• Blueberries</li> </ul>
Mermaid Fruit Salad	<a href="https://www.findingzest.com/mermaid-honey-lime-fruit-salad/">https://www.findingzest.com/mermaid-honey-lime-fruit-salad/</a> (This recipe says you can buy a mermaid tail cookie cutter, but you could cut the right shape yourself just as easily)	<ul style="list-style-type: none"> <li>• Watermelon</li> <li>• Grapes, blueberries, apple, orange, any fruit you like!</li> </ul>
Ocean Water	<a href="https://www.youtube.com/watch?v=hQueeaXV8m">https://www.youtube.com/watch?v=hQueeaXV8m</a> ! (You could simplify this even further by just using lemonade and blue food dye)	<ul style="list-style-type: none"> <li>• Water</li> <li>• Sugar</li> <li>• Coconut extract (optional)</li> <li>• Sugar free lemonade</li> <li>• Blue food dye</li> </ul>