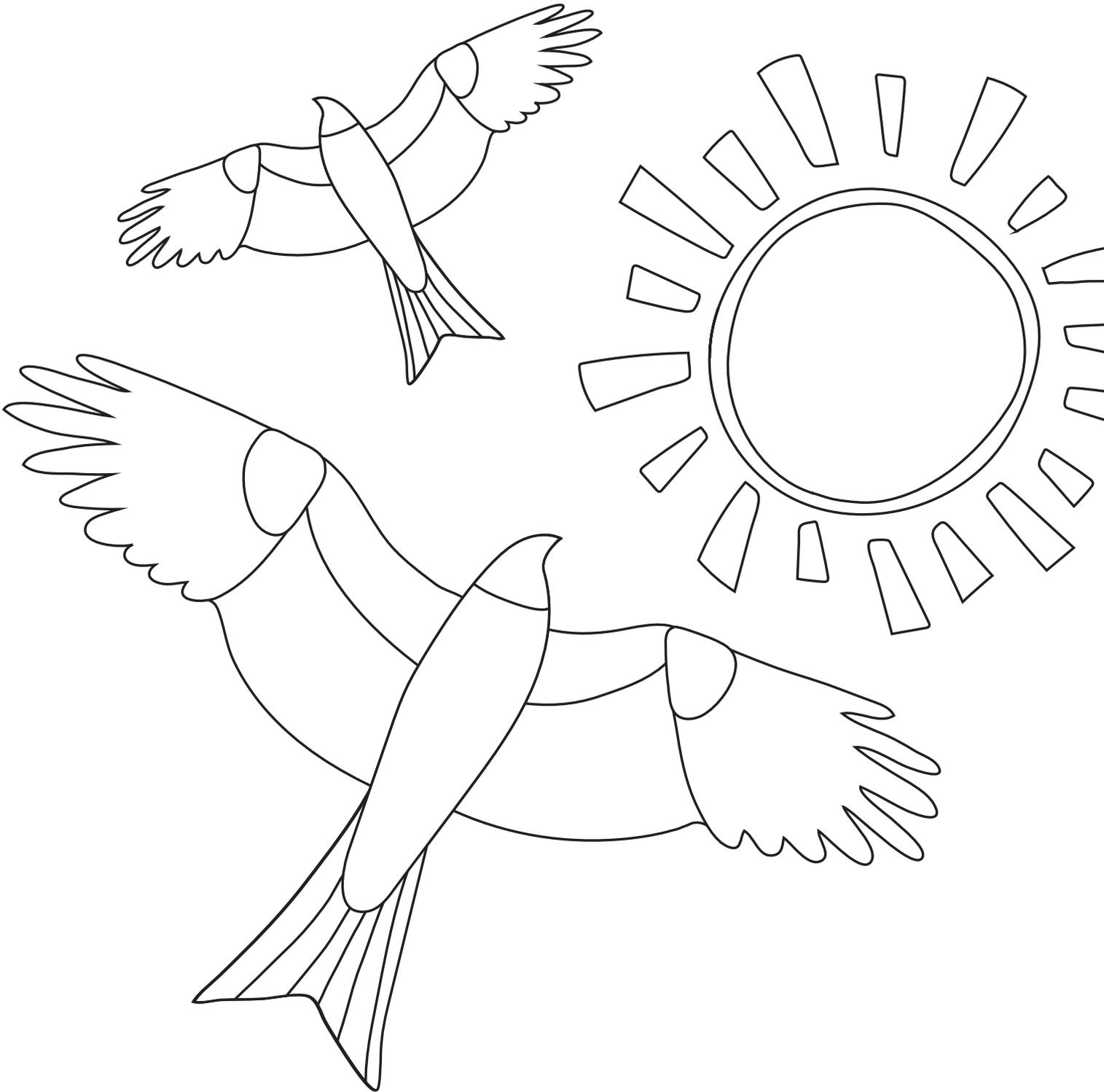
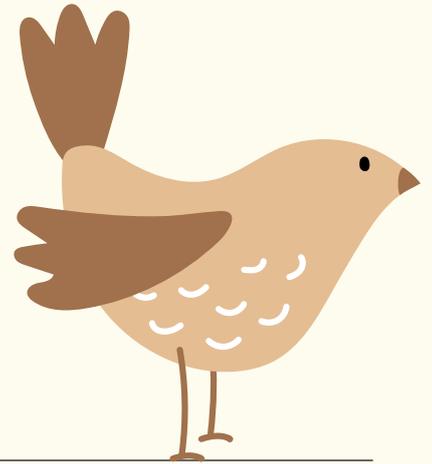


Colour in the birds

Get creative and add colour to the beautiful birds below.



How to make an apple bird feeder



Let's create a simple and fun bird feeder using everyday materials. This project is perfect for kids and encourages them to observe and appreciate the birds in their garden.

Materials needed

- Clean, cored apple
- Wire
- Raisins (optional and only if you don't have a dog at home, as they make our furry friends very poorly)
- Cheese

Step-by-step guide

1. Assemble the items

You will need an apple, bread, raisins and hard cheese (such as cheddar), string and florist wire. This is a great opportunity to discuss the various food groups with your child e.g. apple, raisins, bread – carbohydrates and cheese – dairy. You could also mention to your child that during winter months, it is more difficult for birds to get food from the ground as heavy frosts prevent them from accessing the soil.



2. Cut the food into chunks

With help from an adult carefully cut the apple, hard cheese and bread into cube-shaped chunks (remember to be careful when using and carrying a knife). It may be beneficial to use a more child appropriate knife when they are cutting up the chunks of food.

3. Thread the food onto the wire

Take the piece of florist wire and carefully thread the cubed apple, hard cheese, bread and raisins along the wire.

Remember to place your bird feeder near a window so you can watch the birds without disturbing them. Enjoy observing the feathered visitors!

