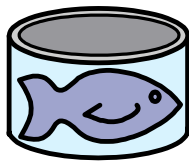




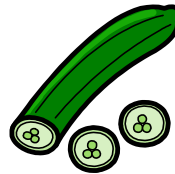
Lewis's



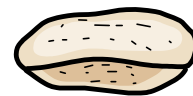
Tuna

+

and



cucumber



pita



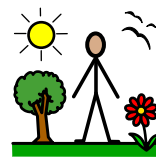
Food



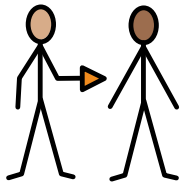
tastes



better



outdoors

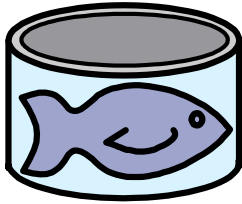


Can

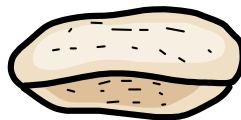
you

find

the ingredients?



tuna



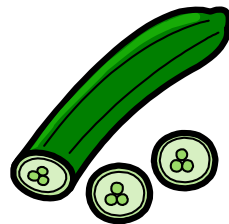
pita



mayonnaise



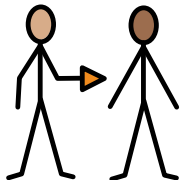
salt and pepper



cucumber



Can



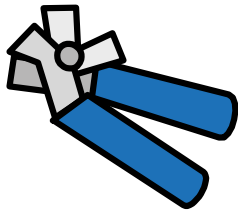
you



find



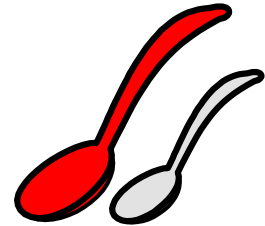
the utensils?



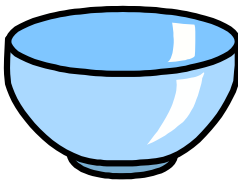
tin opener



sharp knife



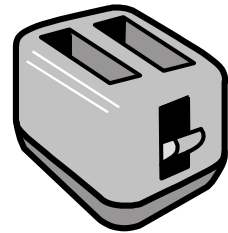
tablespoon



bowl



sieve



toaster

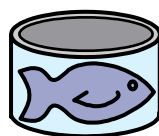


Carefully

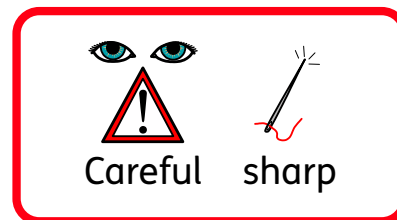


open

the



tuna



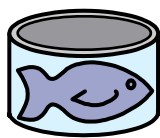
Careful

sharp

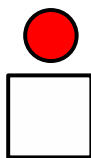


Drain

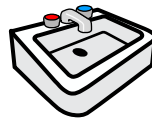
the



tuna



over

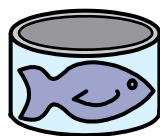


the sink

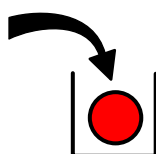


Put

the



tuna



into

a



bowl



Add

3

3



tablespoons

of

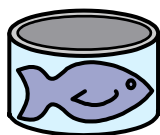


mayonnaise



Mix

the



tuna

+

and



mayonnaise



Add



salt and pepper

to



the bowl

+

and



mix



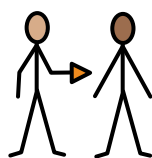
Ask



someone



to help

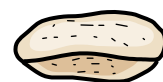


you



toast

the



pita



Careful



hot



toaster



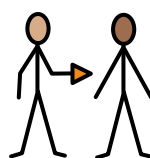
Ask



someone



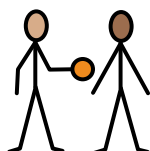
to help



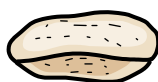
you



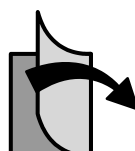
cut



your



pita



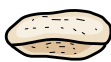
open



Careful



hot

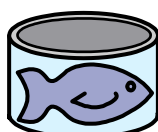


pita



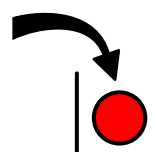
Put

the

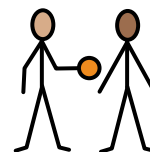


tuna

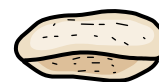
mayonnaise



into



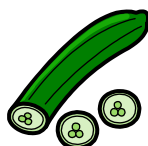
your



pita



Slice



the cucumber



Careful



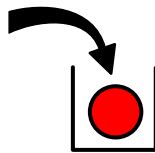
sharp knife



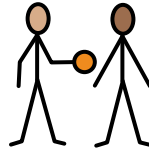
Put



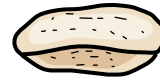
the cucumber



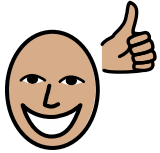
into



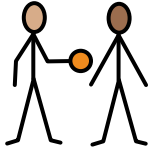
your



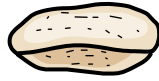
pita



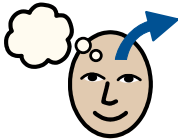
Enjoy



your



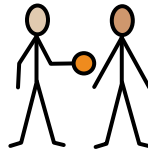
pita!



Remember



keep



your



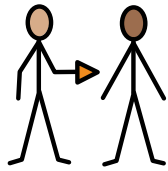
kitchen



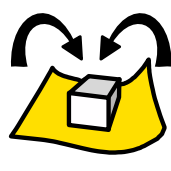
clean and tidy



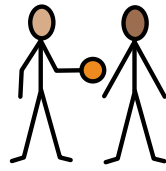
What



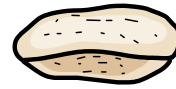
will you



wrap



your



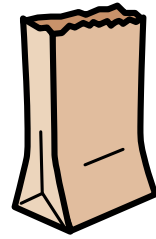
pita in?



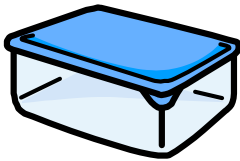
Cling film



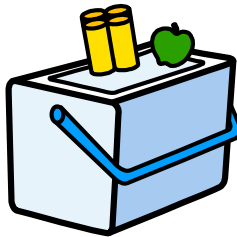
Foil



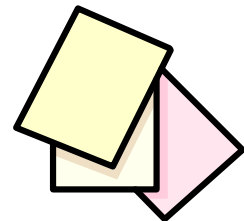
Paper bag



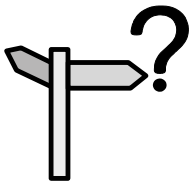
Tupperware



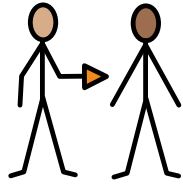
Cool box



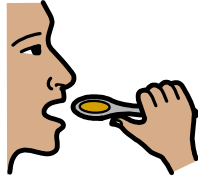
Grease proof paper



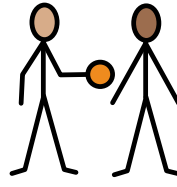
Where



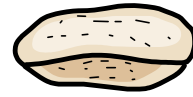
will you



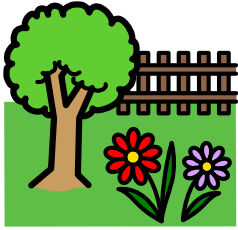
eat



your



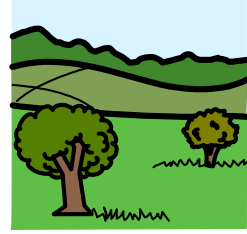
pita?



garden



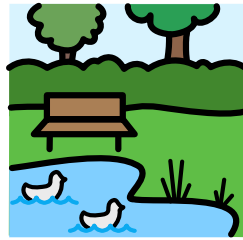
woods



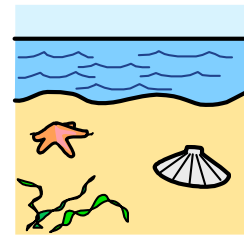
countryside



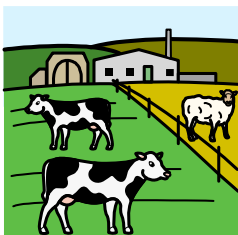
playground



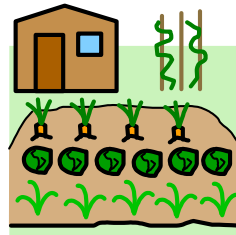
park



beach



farm



allotment



river