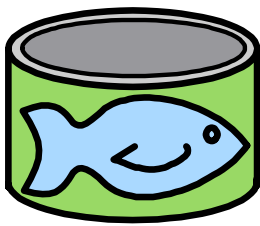
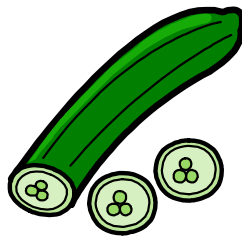




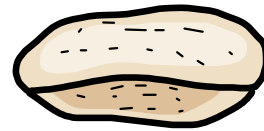
Lewis's



tuna



cucumber



pita

and



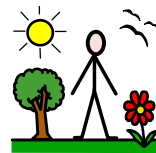
food



tastes



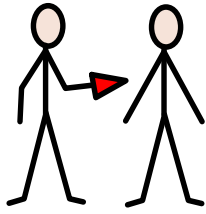
better



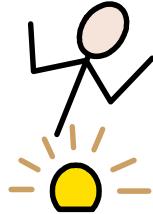
outdoors



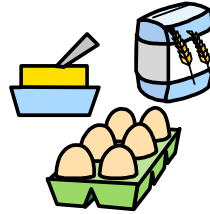
Can



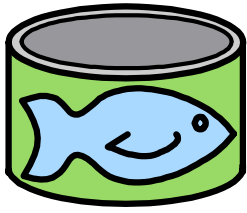
you



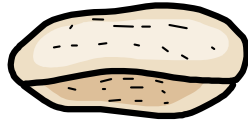
find



the ingredients?



tuna



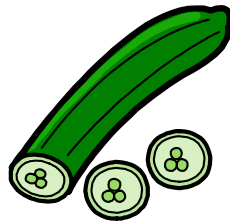
pita



mayonnaise



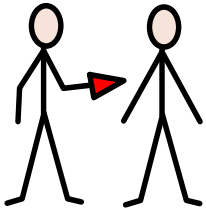
salt and pepper



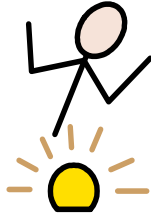
cucumber



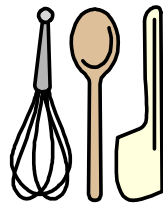
Can



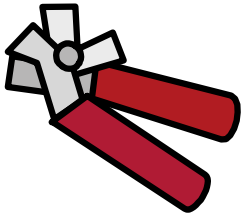
you



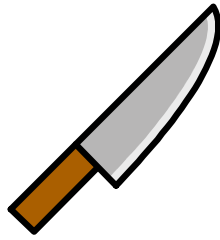
find



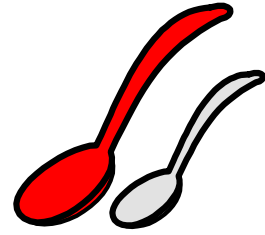
the utensils?



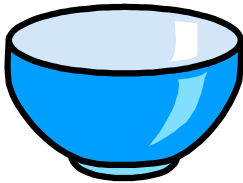
tin opener



sharp knife



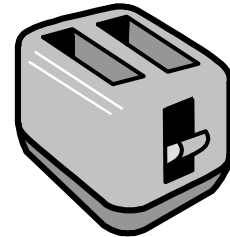
tablespoon



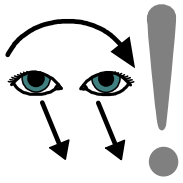
bowl



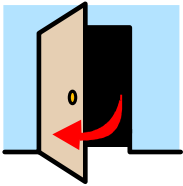
sieve



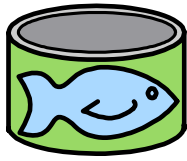
toaster



Carefully



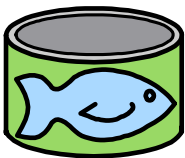
open



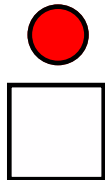
the tuna



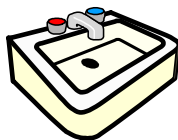
Drain



the tuna



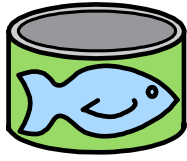
over



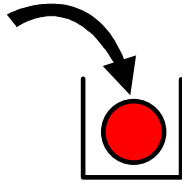
the sink



Put

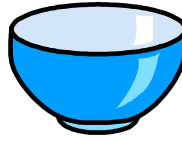


the tuna



into

a



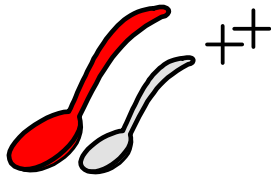
bowl



Add

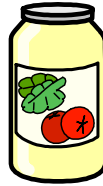
3

3



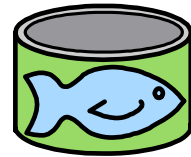
tablespoons

of



mayonnaise

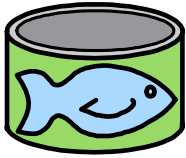
to



the tuna



Mix



the tuna



and



mayonnaise

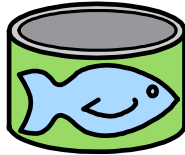


Add



salt and pepper

to



the tuna



mayonnaise



and



mix



Ask

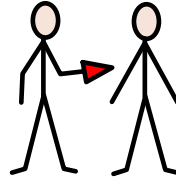


someone

to



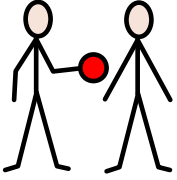
help



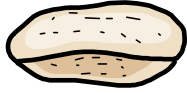
you



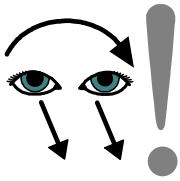
toast



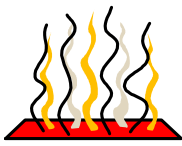
your



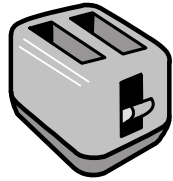
pita



Careful



hot



toaster



Ask

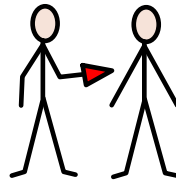


someone

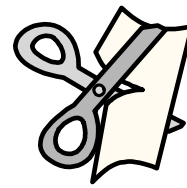
to



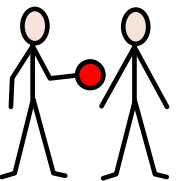
help



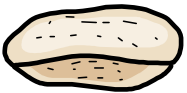
you



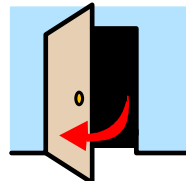
cut



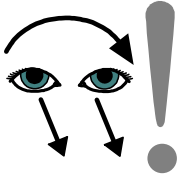
your



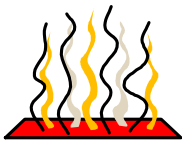
pita



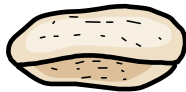
open



Careful



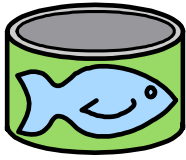
hot



pita



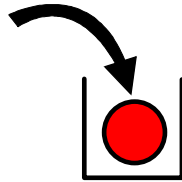
Put



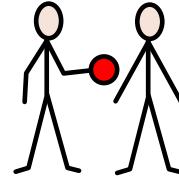
the tuna



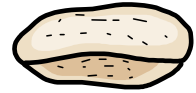
mayonnaise



into



your

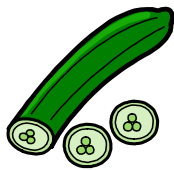


pita

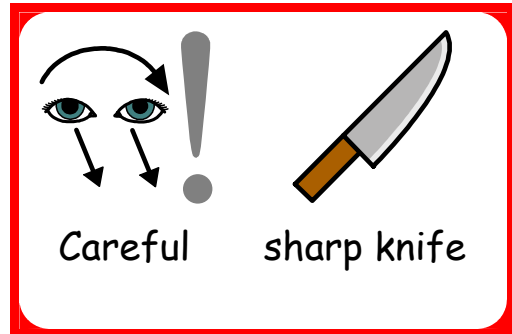


Slice

the



cucumber



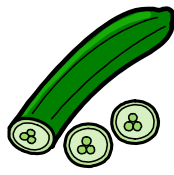
Careful

sharp knife

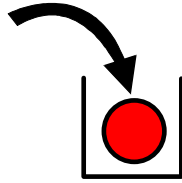


Put

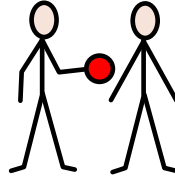
the



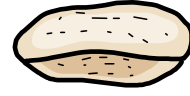
cucumber



into



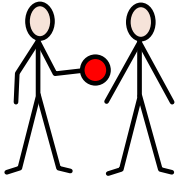
your



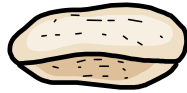
pita



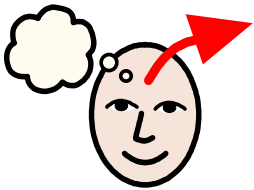
Enjoy



your



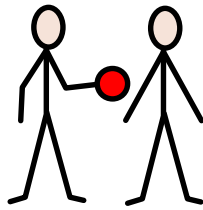
pita



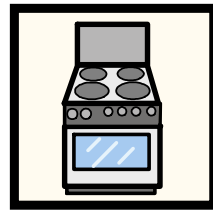
Remember



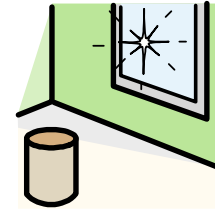
keep



your



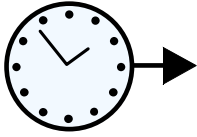
kitchen



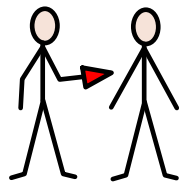
clean and tidy



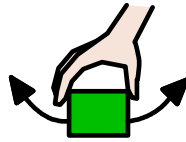
What



will



you

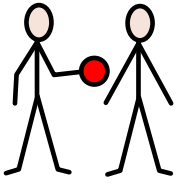


use

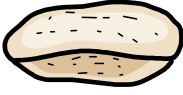
to



package



your



pita?



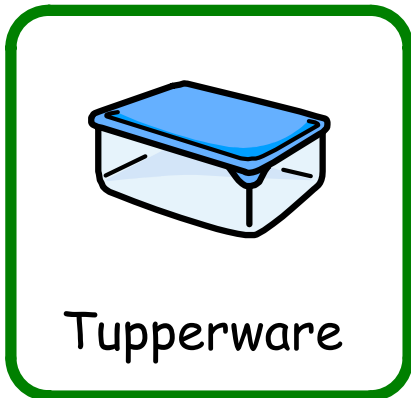
Cling film



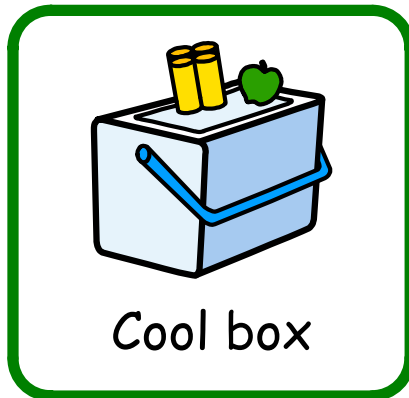
Foil



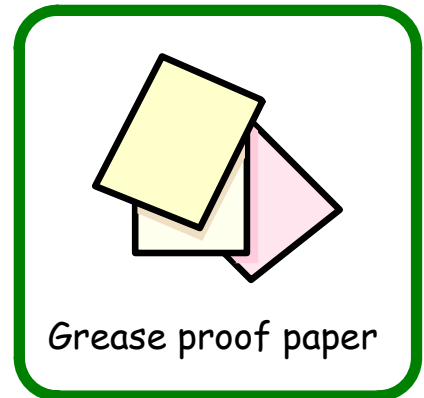
Paper bag



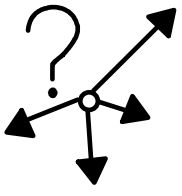
Tupperware



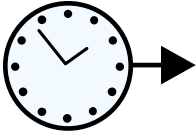
Cool box



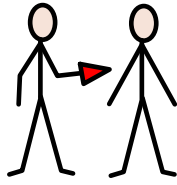
Grease proof paper



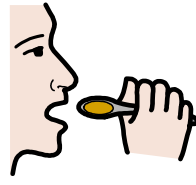
Where



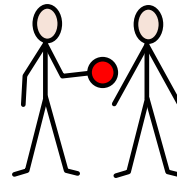
will



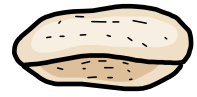
you



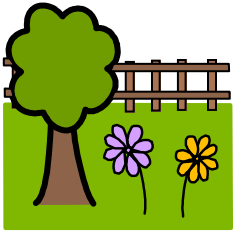
eat



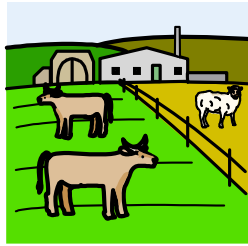
your



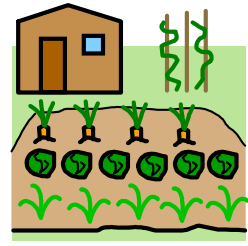
pita?



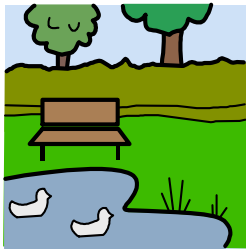
Garden



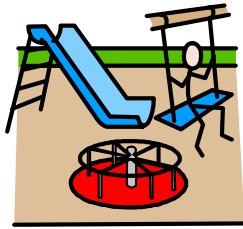
Farm



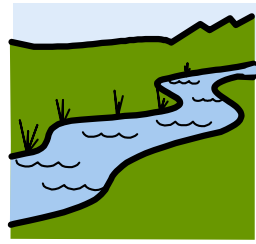
Allotment



Park



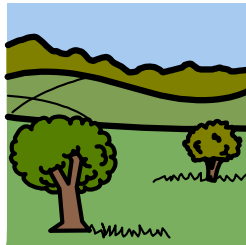
Playground



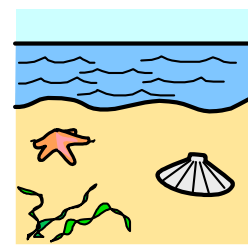
River



Wood



Countryside



Beach