

# OUR Free Time

Our pick of the best telly, films and fun

## Podcast of the week



Looking for some tips in the kitchen, or advice on how

to make the most of leftovers? *Foodbod Pod* is a new podcast all about food! Presenters Elaine Boddy and David Treadway talk to home cooks and bakers, food producers, recipe developers, food bloggers, and anyone who can offer useful culinary tips. And with the cost-of-living crisis in mind, they can teach you how to tweak your cooking accordingly. A must-listen podcast for food lovers!

## We're reading...



**A Jewish Girl in Paris by Melanie Levensohn**  
Paris, 1940 – a Jewish girl, Judith, falls in love with the son of a Nazi

sympathiser. They plan to flee the country, then Judith disappears. Montréal, 1982 – Lica reveals to his daughter that she has a half-sister, Judith. His daughter promises to find her sister. The search goes on until Jacobina is spurred on by her friend Beatrice. Soon the women discover a long-lasting family secret that will change their lives.

Don't miss *The Big Interiors Battle*



## Must-see TV

### The Big Interiors Battle

**Friday 14 April, C4, 8pm**  
In this new interior design contest, competitors will each be assigned an empty apartment, within the Eyewitness Works in the heart of Sheffield, to showcase their talents. The hopefuls will be judged across a series of design challenges, and the winner will become the owner of a two-bed apartment within the development.

### Scared of The Dark

**Sunday 16 April, C4, 9pm**  
Eight celebrities are stepping into the unknown for a new



Who will be most scared of the dark?

reality competition where they are taken on the ultimate journey by entering a pitch-black space for eight days. Hosted by Danny Dyer, the show follows the celebrities as they undergo challenges while living in The Bunker, a purpose-built living space rigged with 50 infrared cameras.

### Sarah Beeny's New Life in the Country

**Monday 17 April, C4, 8pm**  
Sarah Beeny, her husband Graham Swift and their four sons quit their lives in London to start anew in what they hoped would be a rural idyll in Somerset, just before the Covid



Sarah Beeny and family

pandemic happened. Then Sarah was diagnosed with breast cancer and began her treatment. The series returns a year on from the last one to catch up with the family.



## PLAY FREE INTERACTIVE PUZZLES!

Welcome to *Take a Break Puzzles*, a brand-new part of the *Take a Break* website. Here you can complete your favourite puzzles online including Arrowwords, Sudokus and Wordsearches. Be sure to visit regularly, as we're adding new puzzles every day!  
Play now at [takeabreak.co.uk/puzzles](http://takeabreak.co.uk/puzzles)



Hand-cooked crisp brand, 10 Acre, has launched a new range that's low in fat, vegan and gluten-free. We're loving the Cheesy Chilli variety, but other tasty flavours include Cheese & Onion, Fried Chicken, Sea Salt and BBQ Beef. Available from Booths, Amazon and 10 Acre online, priced 90p for a single serving bag, or £2.30 for a sharing bag.