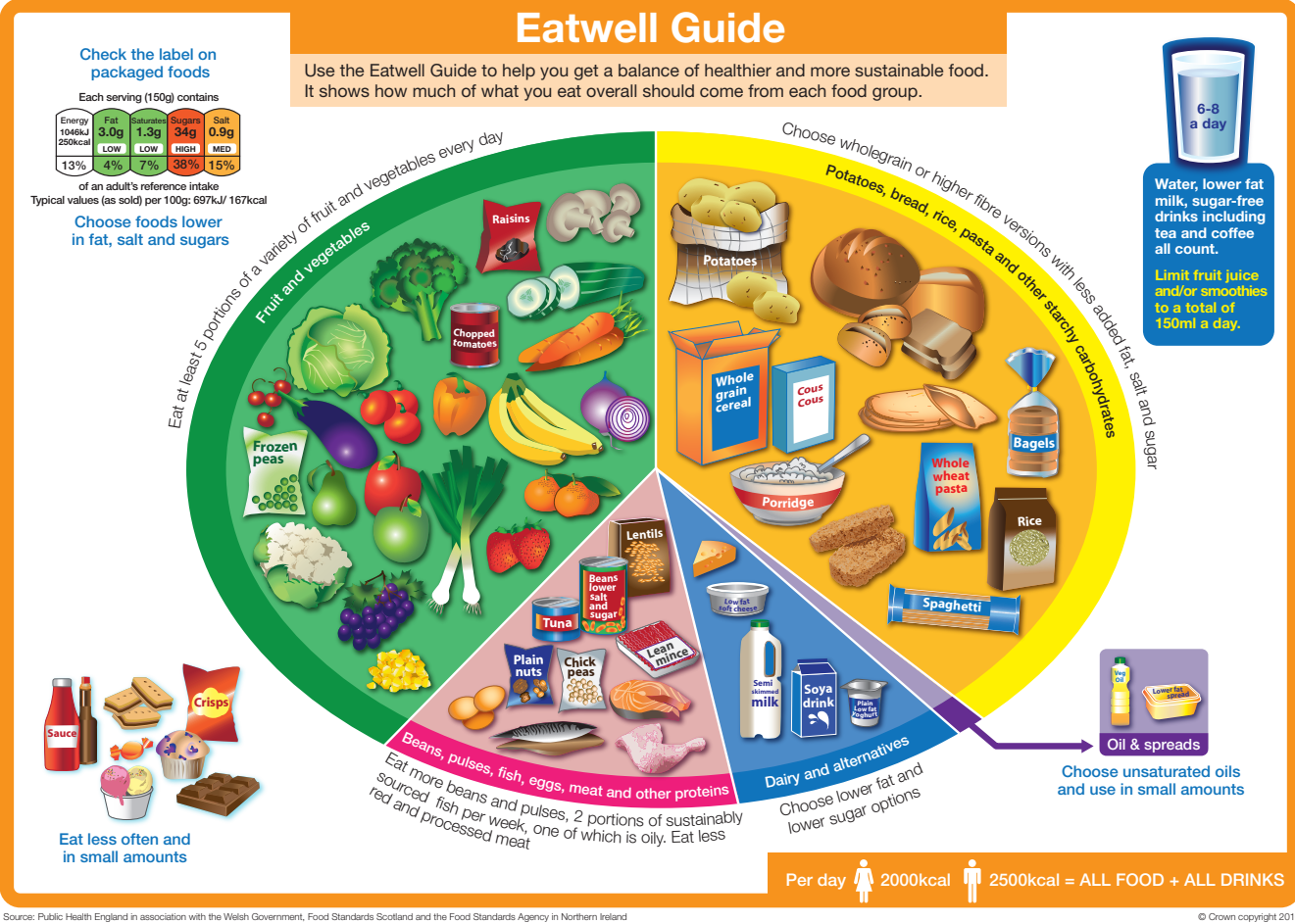
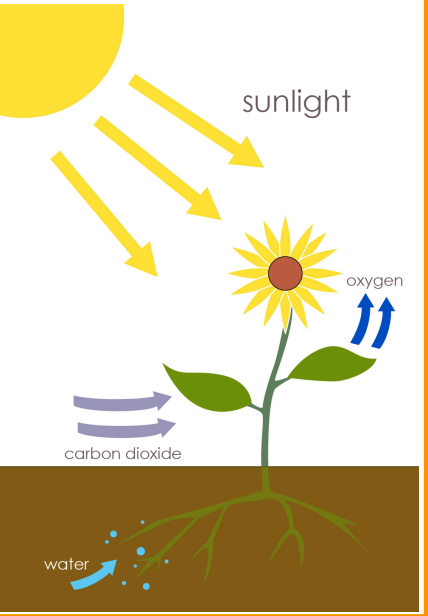


Living things need food (nutrients) for the following reasons:

1. To grow
2. To be strong
3. To be healthy

Plants get their food through something called photosynthesis. This is where they use water, sunlight and carbon dioxide (a gas in the air) to produce food in their leaves.

As we know plants are also important as they produce oxygen which we need to survive.



Can you find different examples of the food groups in your fridge and cupboards?

Take photos or create Circle Maps to draw the different items you find.



Food is commonly divided into five main food groups.

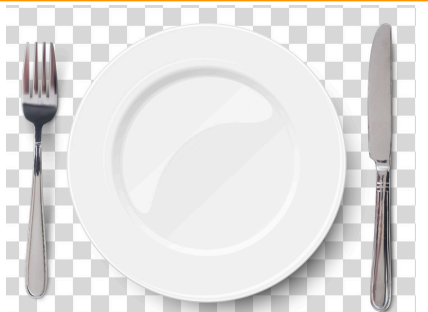
1. Carbohydrates
2. Fruit and Vegetables
3. Dairy
4. Proteins
5. Oils and Spreads

Your diet will also include some foods that are high in fat and sugar which we should consume in small quantities and less often.

We also need to make sure we drink plenty of water.

Have a go at designing a healthy balanced meal.  
Maybe you could have a go at helping an adult make this at home!

If you can watch how different foods release energy!  
<https://www.youtube.com/watch?v=RPAien1dbEQ>





# Ice Cream in a Bag



## Ingredients

300ml cream  
2 tbsp caster sugar  
1 tsp vanilla essence  
2 trays of ice cubes  
6 tbsp rock salt  
Optional: fruit, crushed biscuits, sprinkles or chocolate chips

## Equipment

1 medium zipped bag  
1 large zipped bag  
Tea towel or gloves

## Method

1. Place the cream, sugar and vanilla into the medium-sized zipped bag and combine the ingredients. Be sure to zip up the bag securely first. You can add optional extras at this point.
2. Place the ice into the larger zipped bag. Spoon the salt over the top of the ice in the larger zipped bag.
3. Place the medium bag containing the cream mixture inside the larger bag on top of the ice and salt and zip up the bag securely.
4. Shake and massage the bag wearing gloves or covered in a tea towel for 5-10 minutes, until the mixture becomes the consistency of ice cream.
5. Once ready, remove the bag of ice cream and give it a wipe to remove the salt from the outside of the bag.
6. You can snip a hole in a corner of the bag and squeeze out the ice cream into a bowl or cone



If you are lucky enough to have the ingredients and materials in have a go at your own food Science! Ask an adult first.  
What food groups do the ingredients belong to?  
Be mindful of your maths measurements, which do you use?

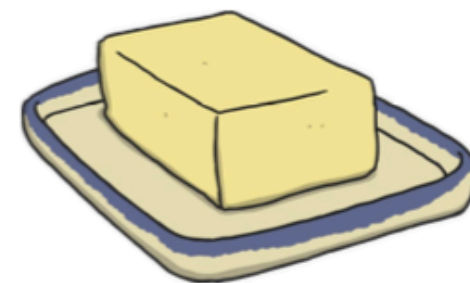
## Make Your Own Butter

### Science Experiment

Butter is an important part of sandwiches and tastes great on toast. Follow these instructions to make your own yummy butter.

### You will need:

- cream (it needs to be thick cream so double cream or whipping cream works best)
- plastic jar with a lid
- sieve
- bowl



### Method:

1. Pour the cream into the jar. The jar should be about half full.
2. Put the lid on the jar and make sure it's on tightly.
3. Now for the hard work! Shake the jar lots until you see a lump form in the jar. This could take a long time – maybe even ten minutes!
4. Eventually, you will see a lump and some liquid. The lump is butter and the liquid is buttermilk, an ingredient that can be used in lots of different things.
5. Put the sieve over a bowl. Open the jar and tip the contents into the sieve.
6. You now have separate butter and buttermilk.

### The science:

Cream is made up of tiny pieces (called molecules) of fat surrounded by water. When you shake the cream, the fat molecules start to clump together in a lump. They then separate from the liquid.

