

This week try and do some **mindful eating**.

Lots of times when we are doing one thing we are actually thinking about the next thing we are going to be doing. For example when I am brushing my teeth sometimes I am thinking about what to have for breakfast. Or sometimes people might be eating their delicious meal and be distracted by a tv or another device.

Being Mindful is trying to appreciate the moment are in and notice your senses more. It is actually quite tricky to do but the more you practice the better you'll get at it!

So for some of your meals or snacks this week have a go at slowing down, only focusing on what you are eating, really focus on the smell and how it feels in your mouth. Think about all the people who were involved in your meal- farmers, shop assistants, your family etc.



Not multitasking



Feel the taste of food



Enjoy & appreciate your food



Keep a food journal for a week.

Have a think about what food groups your meals, snack and drinks fit in to.

You could create Circle Maps with your weeks food.

Which group did you have the most of?
Which did you have the least of?

Children aged 5 - 8 years should be drinking about 1 litre of water a day.

This is about 5 small glasses a day. Use your maths to measure out if you have a jug!

How much water do you drink?
Draw a blue star on your food journal for each glass of water! :)

My Food Journal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							

Egg White and Yolk

Science Experiment

Sometimes when you are cooking, you need either just the white or just the yolk (the yellow bit) of an egg. This experiment gives you an easy way to separate the parts.

You will need:

- two bowls
- an egg
- an empty plastic drinks bottle



Method:

1. Crack the egg and put it in the bowl. You might need a grown-up to help you with this.
2. Squeeze the bottle and keep it squeezed tight.
3. Put the opening of the bottle on top of the egg yolk.
4. Release the pressure on the bottle so it's no longer squeezed.
5. The yolk will pop up into the bottle.
6. Put the bottle over the other bowl.
7. Squeeze the bottle so the yolk empties into the bowl.

The science:

When you squeeze the bottle, air comes out of it. When you release the squeeze, air rushes back into the bottle to fill the space. If the yolk is at the opening of the bottle, it will rush into the bottle instead of air. The reason why only the yolk will be sucked up is because the yolk is thicker than the egg white.

Have you ever been baking/ cooking and needed to separate the yolk from the white?
Have fun trying this experiment next time you have to!

This week try and do some art related to food.
Be creative :)

It might be trying to serve up your food in an expert way like a fancy restaurant! Or making it look more fun. You will have to check with an adult this is okay first.



Some observational sketching.



Using Paints, crayons, felt tips, chalks any materials you have!



You could also have a go at using ICT to create a food masterpiece.

We can't wait to see what you come up with.
Remember to send in any photos or videos of your learning!



