

ISSUE 06 SUMMER 2019

# CLEAPSS EXPLORE

SCIENCE, D&T AND ART

SUMMER  
FOOD

USING  
EXPLORIFY

Recipes Galore



## CLEAPSS COMMENT



**Hoorah, it's summer, meaning picnics, BBQs and alfresco dining are all on the menu. So, this issue of EXPLORE is devoted to all things foodie.**

Preparing, cooking and eating food is great fun, and learning how to prepare food safely and eat healthily has been a requirement of the primary National Curriculum since 2014.

Food-related activities provide children with great opportunities to learn practical skills such as: measuring, timing, using equipment, and following a procedure. However don't underestimate the ability of food activities to also support 'softer' skills.

For example, making ice cream (teaching idea Pg 3) is a great way of getting children to work together.

Cooperation and harmony are guaranteed (until they get to the eating).

As ever we are here to support you with your teaching. Is it safe for younger children to peel, cut and mash to make delightful healthy snacks? Can you use a microwave in your classroom? Grab a cool drink and read how to make teaching food and nutrition fun and safe in your classroom.

Final reminder: this is the last call for entries into our **Jazzing up junk** which encourages your children to use their innovative design skills to create a new use for junk that would otherwise be sent for landfill or recycled. The deadline for entering is Monday 1st July 2019, so why not give it a go?

EXPLORE Issue 5 (Spring 2019) containing your school's new log-in details was sent to your Science Leader. If you haven't seen it, ask them about your school's copy or contact us:

Helpline: **01895 251496**

Email: **primary@cleapss.org.uk**

Enjoy getting practical this summer!



*Maria*

Lead Primary Consultant at CLEAPSS





## TEACHING IDEAS

# JUST ONE Cornetto..!



What better way to cool off in a summer science lesson than by making tasty ice cream. Our quick and easy **Ice cream** activity allows children to make an individual portion of ice cream without the need for a freezer.

This activity could be used to support observing the phenomena of liquids turning into solids whilst practising good measuring skills.

### Ingredients- per pair of children

- 1 tbsp full fat milk
- 1 tbsp double or whipping cream
- 2 level tsp sugar
- ¼ tsp vanilla extract

### Making a freezer – each pair of children need

- 8-10 large ice cubes
- 3-4 heaped tablespoons of salt
- 1 large food bag
- 1 small sealable food bag

#### How cold is it?

Adding salt to ice cubes lowers the temperature at which water freezes. The temperature will drop to around  $-7^{\circ}\text{C}$ , which is cold enough to freeze ice cream and cold enough to hurt hands if you don't wear winter gloves.

#### But isn't ice cream very unhealthy?

An important part of the Cooking and Nutrition National Curriculum is for

children to 'Understand and apply the principles of a healthy and varied diet'. This activity makes one small portion from two food groups. It could be used to learn about portion control, a balanced diet and healthy eating.

For full details search **Ice cream** on the CLEAPSS website. This activity also works equally well with lactose free dairy milk and dairy free yoghurt eg Alpro.

## OVERVIEW



Measure out all the ingredients into a small sealable food bag and give it a shake.



Place ice cubes and salt into a larger separate food bag and shake it.



Place the ingredients bag inside the ice/salt mixture bag, knot the larger bag. Put winter gloves on and shake the bags for approx. 10 mins or until ice cream has formed.

## TOP TIPS

Use good quality food bags and plenty of ice.

Don't take the ingredients bag out too soon or the ice cream will not have frozen properly.

# SMART COOKIES



BOSH! authors Henry Firth and Ian Theasby say “these are the perfect cookies; crunchy on the outside and gooey on the inside. Plus, they’re incredibly easy to make. You could also add dried fruit but, as self-confessed minimalists, we are perfectly happy with just the melted chocolate chips”.



An increasing number of children are either vegan or interested in plant-based eating. So, we were thrilled when BOSH! kindly gave us a delicious chocolate chip cookie recipe.

## CHOCOLATE CHIP COOKIES (MAKES 25-30)

**250g dairy-free butter**  
**225g caster sugar**  
**2 tsp vanilla extract**  
**1 tbsp golden syrup**  
**300g plain flour**  
**1 tsp baking powder**  
**½ tsp salt**  
**85g dark chocolate**

**Preheat oven to 180°C | Line 2 baking sheets with parchment paper | Wire rack**

Put the dairy-free butter, sugar, vanilla extract and golden syrup into a big bowl and cream them together with a wooden spoon | Pour in the flour, baking powder and salt and mix everything together | Chop the dark chocolate into small chips and fold them through the mixture with a spatula until they’re evenly spread.

Spoon walnut-sized pieces of the mixture on to the lined baking sheets, leaving 5cm between each ball of dough (you may need to cook them in batches) | Squash the balls to flatten them slightly (but not flat like pancakes).

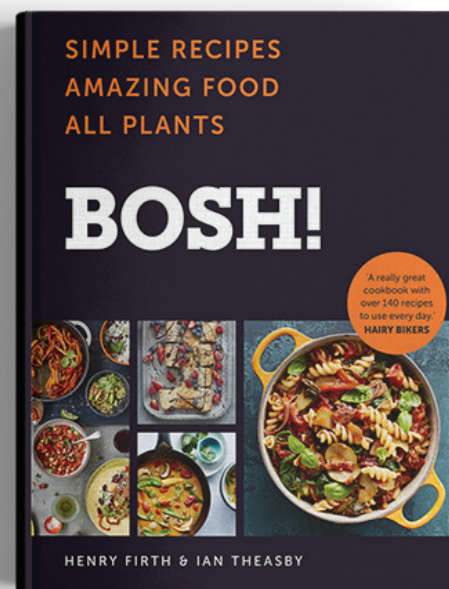
Put the baking sheets in the oven and bake for 12–14 minutes, swapping the sheets over halfway through so that they cook evenly | When they are ready the cookies should be golden around the edge, but paler in the middle | Take the baking sheets out of the oven but leave the cookies on them for 5–10 minutes to firm up a little, then transfer carefully to wire racks to cool.

We had some 10 year olds make the cookies who found them easy to prepare and delicious. Some of the children used chopped apricots rather than chocolate chips, which worked equally well.

Many thanks to Henry and Ian for giving primary schools such a mouth-watering recipe.

*Remember, you need to think about what steps you are going to take, or instructions you are going to give to keep your children safe during any practical activity.*

For detailed risk assessment advice search **food preparation** on the CLEAPSS Primary website.



**The Food Teachers Centre (FTC) is a UK based, self-help group where teachers with a passion for food and healthy eating, share exciting and innovative food ideas and activities. The recipe below is used by the FTC in their primary training.**

## **Veggie Kebabs with a teriyaki marinade**

(makes 4 kebabs)

### **Ingredients**

1 courgette  
1 yellow pepper  
8 cherry tomatoes  
8 button mushrooms

### **Teriyaki marinade**

2 x 5ml spoons of soy sauce  
2 x 5ml spoons oil  
2 x 5ml spoons honey  
½ x 5ml spoon of mixed herbs

### **Equipment**

oven with a grill  
small bowl  
measuring spoons  
mixing spoon  
sieve/colander  
chopping board  
sharp knife  
pastry brush  
plate  
4 bamboo skewers  
tongs  
aluminium foil  
oven gloves

### **Method**

1. Soak the bamboo skewers in water for at least an hour before cooking.
2. Place all the marinade ingredients in a small bowl, mix together and leave to one side.
3. Preheat the grill.
4. Using a sieve/colander, rinse all vegetables under cold water.
5. Cut the pepper in to eight pieces, discarding any seeds.
6. Top and tail the courgette then cut it in half, then half again (to make 4 pieces) and finally half each piece again (to make 8 pieces).
7. Place the mushrooms and cherry tomatoes on a plate.
8. Take a bamboo skewer and thread a tomato on to it. Then a piece of pepper, followed by a mushroom, and then a piece of courgette.
9. Repeat until you have eight vegetable pieces on the bamboo skewer.
10. Make the other three vegetable kebabs in the same way.
11. Brush the kebabs with the marinade.
12. Place the kebabs on a grill tray lined with foil and put them under a pre-heated grill, turning occasionally with tongs until they are golden brown.



**Teacher needs to identify a focus for the activity which could be: food safety, personal safety, preparation for practical work, where food comes from or knife skills.**

**For more information about the FTC contact them via: [info@foodteacherscentre.co.uk](mailto:info@foodteacherscentre.co.uk)**

## **QUICK & EASY CARROT CAKES**

Worried you can't use a microwave in the classroom? Looking for an activity where your children can use a grater?

Our **Quick and easy carrot cakes** microwave in 2 minutes and provide an opportunity for children to develop their peeling, grating and measuring skills.



Remember, you need to think about what steps you are going to take, or instructions you are going to give to keep your children safe during any practical activity.

**For detailed risk assessment advice search the CLEAPSS Primary website**



## A TEACHER'S VIEW

# FUN FEAST

Graters, peelers and knives are all utensils we regularly use, and children need to know how to use them safely too. Explicitly teaching children to use these basic food utensils will unlock a wealth of fun practical food activities.



The thought of 30 Year 1s grating, peeling, cutting, mashing and spreading could be quite daunting, so we asked Year 1 teacher and Deputy Head Katie Salisbury, from St Paulinus CE Primary School to do some field-testing. Here's what she said.

"We carried out the five activities as a circus with 6 children at each station. As well as mashing, spreading, peeling, cutting and grating, I added a menu-planning activity that did not require supervision. Ten minutes at each station was ample to teach the skill and for the children to practice it. The children had an amazing time and were so proud of their feast which they devoured with gusto!"

"CLEAPSS gave us a few recipe ideas and advice on how to attempt the activities. First, I looked up **Learning to grate, peel, cut and mash food** and **Food preparation equipment: Knives and cutting utensils** on the CLEAPSS website, which gave me lots of useful tips and guidance."



For model risk assessments for all food activities search **food preparation**.

### Practicalities

- For all 5 activities to take place simultaneously you need extra adults (parent helpers are ideal).
- For a single class teacher with no support, have half the class working independently and two smaller groups carrying out the practical activities under supervision.
- Grating can cause a bit of a mess, but the children loved it, have a dustpan and brush ready.
- Have some fruit juice/lemon juice on hand to squirt over the banana to stop it going brown.
- Have a food bin to hand for peelings and carrot tops.

### Fruit and vegetables that work well for these activities

- Mashing and spreading: banana, avocado
- Peeling: carrot, cucumber
- Cutting: strawberry, banana, peeled cucumber, tinned cooked potato
- Grating: cheese, peeled carrot

### À la carte menu ideas

- Spread the mashed banana onto biscuits/rice cakes.
- Spread a little mashed avocado on to biscuits/rice cakes and sprinkle over some grated cheese.
- Mix the chopped cucumber and potato with light mayonnaise or natural yoghurt to make a lovely savoury salad.
- Mix the chopped banana and strawberry with fruit juice for a summer fruit salad.
- Grated carrot and cheese make a delicious coleslaw.





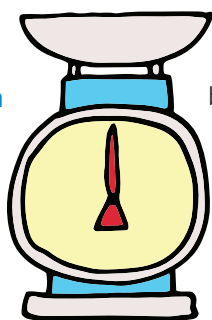
# ARE YOU eating *in* class?



**Making and eating food is an activity that children really enjoy. Here's how to do this safely in a standard classroom.**

### Before your lesson:

- Consider what your children are capable of undertaking. How strong and dexterous are they, and which cooking utensils are they able to use.
- Choose a recipe that suits their ability and experience. You may have to model how to use a new piece of equipment, and increase the level of supervision while they master it. Search **food preparation** for more details.
- Are any of your children allergic to an ingredient? This doesn't necessarily mean your class cannot use it. How severe is their reaction? The affected child may be able to be in the room using an alternative ingredient. Check your school's policy and documentation on allergies.



milk and cream in a fridge or cool box until they are needed.

- If infections, such as tummy bugs, are going around, postpone your lesson until the outbreak has passed. However, one child with a sniffle could be given a tissue and reminded to use it.
- Think about how any breakages will be dealt with and tell your children what to do if this happens.
- Talk to your first aider about how to implement your school's first aid policy in relation to cuts, scalds and burns etc.



**Bear-in-mind that children may not wish to participate in particular food related activities on religious or ethical grounds.**

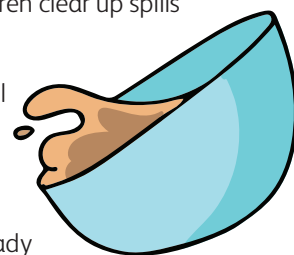
### At the start of the lesson

- The children's work area and utensils must be clean. Using plastic table cloths is fine so long as they're clean.
- Children under supervision can clean their area/ utensils using hot (<41°C), soapy water and clean washcloths. Children with sensitive skin could do the drying.

- Make sure everyone washes their hands with soap and water, and that those with long hair tie it back.

### During the lesson

- Have the children clear up spills as they occur.
- Despite careful planning accidents can happen, make sure you're ready for this possibility.



### Cleaning and tidy up time

- The children will need to use hot (<41°C) soapy water and clean washcloths to wash their cooking utensils and work area, then dry everything with paper towels or clean tea towels.
- Sharp utensils such as knives, graters and peelers should be washed by adults.
- Tell children to wash their hands at the end of the session.

### Eating

The eating (best) bit should happen after the clear up. If you are sending food home ensure it's labelled with the ingredients and when it was made. It's best to send home items that don't need to be refrigerated.



- Avoid ingredients like fish and meat that easily spoil or which contaminate others. Fruits, vegetables and store cupboard items like flour are a good bet. Eggs, butter and cheese are also fine. Keep



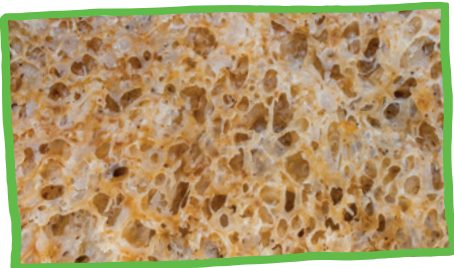
# A LITTLE TASTE FROM

We love using Explorify as an appetiser to get children excited before practical work. For instance, looking at food decay?

Why not use Explorify's 'Furry Fruits' clip in conjunction with our **Growing fungi on food** activity. Here are a few other ideas from our friends at Explorify.

## Explorify

Food as a topic can offer a range of mouth-watering opportunities to raise curiosity, get practical and creative with inquiries, and use findings to predict what might happen in another related situation. Explorify has a full menu of delicious activities to get your pupils asking great questions and asking for more!



### Just for starters

Try a Zoom In Zoom Out activity and guess what these **Bonkers Bubbles** could be. Every pupil can share their idea and build on others' thoughts to try to work out what the mystery object could be. Every idea is valid – providing there's a plausible reason for it!



### One of your five a day

Are children aware of how many different varieties of apple there are? Try our **Odd One Out** activity to inspire children to look closely and notice similarities and differences. Even better, investigate which apples might be best for apple-bobbing or juicing. Can children make predictions based on their results? We love a video too – and **Furry Fruits** shows the detail of decay in slow-motion. With care, and following safety guidance, discuss how food could be preserved.



### Time for a delicious meal

Back to the healthy diet then? **What if you only ate chips?** – some might like it for a day or two but then what might happen? Put this way, perhaps children will see that a varied and balanced diet might be desirable after all, which leads on nicely to a big question: which breakfast is best?

You can get these activities and more by signing up at [explorify.wellcome.ac.uk](http://explorify.wellcome.ac.uk) – it's completely free. Bon appetit!