



Extra Activity Ideas:

Smoothies!

Subject: Health Education

- As a treat for your class, bring a food processor/smoothie maker into school.
- Put orange juice, strawberries, bananas and natural yogurt in the processor along with some ice.
- Blend until smooth and pour into a cup for each child.
- Try to make juices using fresh fruit and vegetables e.g. carrot juice.

Note: Wash the strawberries first. Ask the class if they have any allergies before they have their smoothies.

Discuss why you are putting in each of the items, e.g. orange juice is rich in Vitamin C, ice will keep the drink cool, yogurt contains calcium, which we need for healthy bones

Taste Test!

- Divide the class into pairs.
- Chop up fruit and vegetables, blindfold a child and get him/her to taste the fruit and vegetables.
- Have the second person keep a record of the guesses and then swop the children around.

Note if the class is very big, you can choose a selection of children to taste the items at the top of the class.

Class Task - Exploring, making and reflecting in drama

- Divide the class into groups of four or five.
- Ask each group to create a **TV advertisement** demonstrating why we should eat potatoes, fruit and vegetables.
- Depending on ability, each group can include reasons why potatoes, fruit and vegetables are nutritious and tasty.

Discuss why the advertisement would appeal to people.

Class Task - Make a Wormery

This is a fun activity that can be left on show in the classroom to demonstrate the effect that worms have on soil. This is a great experiment to see how worms are important in a compost bin.

Materials: 2 glass jars, soil, sand, peat moss, chalk powder, leaves, worms

Method:

1. Put 1-2cm of soil in each jar and moisten with water.
2. Put 1-2cm of sand in each jar, on top of the soil.
3. Put 1-2 cm of peat moss in each jar, on top of the sand.
4. Put 1 cm of powdered chalk in each jar, on top of the sand.
5. Repeat steps 1-5.
6. Put a layer of soil in each jar and cover with leaves.
7. Place worms in one jar and leave the other jar without worms.

After days and weeks, the activity of the worms can be seen. The worms will mix the chalk, peat, sand and clay in the jar. Worms are important as they aerate the soil, they also eat the dead leaves. Worms are very important in **compost** bins as they decompose the waste.