



Screen Free Fridays: What will we do today?

Key Stage:

Date of activities: Friday 5th February

Morning Activity (STEM/Investigations based):	Activity guidance:	What will we need?
Bake or cook your favourite family recipe.	<p>What's your favourite recipe? You can bake a cake, some bread, biscuits or a traditional family treat. If you need ideas, we will share some recipes on Facebook and Tapestry for recipes that don't require lots of equipment.</p> <p>Cooking is fantastic for maths, as it uses measure and understanding the order of instructions. It's great to talk about preferences, nutrition and the science of cooking, too.</p>	<p>Ingredients and a recipe for your favourite thing to cook.</p> <p>Here are some simple ideas you could try: Chocolate fridge cake – no cooking or cake tin required. Simple three ingredient biscuit recipe.</p> <p>Or use your own favourite recipe.</p>
Afternoon Activity (Creative/Physical/Play/Exploration based):	Activity guidance:	What will we need?
Draw and describe your recipe.	<p>Draw and write about what you made. Use photos of your creation. Explain the ingredients that you used and what you did with them. We will use all of the best ideas to put into an Academy recipe book that you can download and use later!</p> <p>Practice letter and number formation and to use a good pencil grip. Talk about colour choices for illustrations and get creative. Being proud of your work, thinking carefully about what you plan to do</p>	Pencil, paper, colouring pencils, maybe a camera/phone.

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<p>Talk about the connection between food and culture.</p>	<p>and talking about what you have done are all great for developing self-regulation.</p> <p>Talk about your favourite foods and traditional foods that your family like to eat. What do you know about food in other cultures? Do you know that people eat different things all around the world? Why might that be? Check out CBeebies My World Kitchen for some great ideas.</p> <p>Understanding how we are the same as or different to other people is important for building a sense of identity. Children are often very interested in food so this is a great way to open this conversation.</p>	<p>Check out CBeebies My World Kitchen for inspiration: My World Kitchen - CBeebies - BBC</p>
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