



## Session 1 - Food Crops

### Arts and Crafts Activity Idea

#### Wheat and Grain Art

Wheat and grain are grown as crops in many countries, and we eat them every day, in many different foods. Gather together lots of different types of grain, and some wheat. Create pictures and collages on card using PVA glue, then sticking your grain and wheat to it. You could do this in spiral patterns or geometric patterns, or you could try making a face out of grain, or how about creating a wheat and grain house?

### Learning Through Play

#### Crazy Coloured Cabbage

Cabbage is grown as a crop in many countries too. Try this experiment with cabbage leaves.. Take four plastic cups and fill them 3/4 full with water. Put different food colouring in each cup and then sit a cabbage leaf in each cup. Make sure the stalk end of the cabbage leaf is sitting in the coloured water. Watch and see what happens. Why do you think this has happened? Can you explain it in a scientific way?

### Physical Activity Idea

#### Body Balance

How many different parts of your body can you balance on, and how long can you balance on them for? Work in pairs and time each other. See which body part is the most difficult to balance on. Try your legs, arms, shoulders, bottom, one arm and the opposite leg. Remember that your body is amazing so just see what you can do!

### Snack Making and Tasting

#### Crazy Crudités and Homemade Hummous

This is so easy, delicious, nutritious and packed with protein! Drain a tin of chick peas and place them in a whizzer, along with a little bit of the water from the tin. Put in a clove of garlic, a tablespoon of tahini paste and the juice of a lemon and whizz it all up until is fairly smooth. Then carefully chop up some carrots, peppers and cucumber - your crazy crudités. Then just dip your crudités in the hummous and enjoy it!