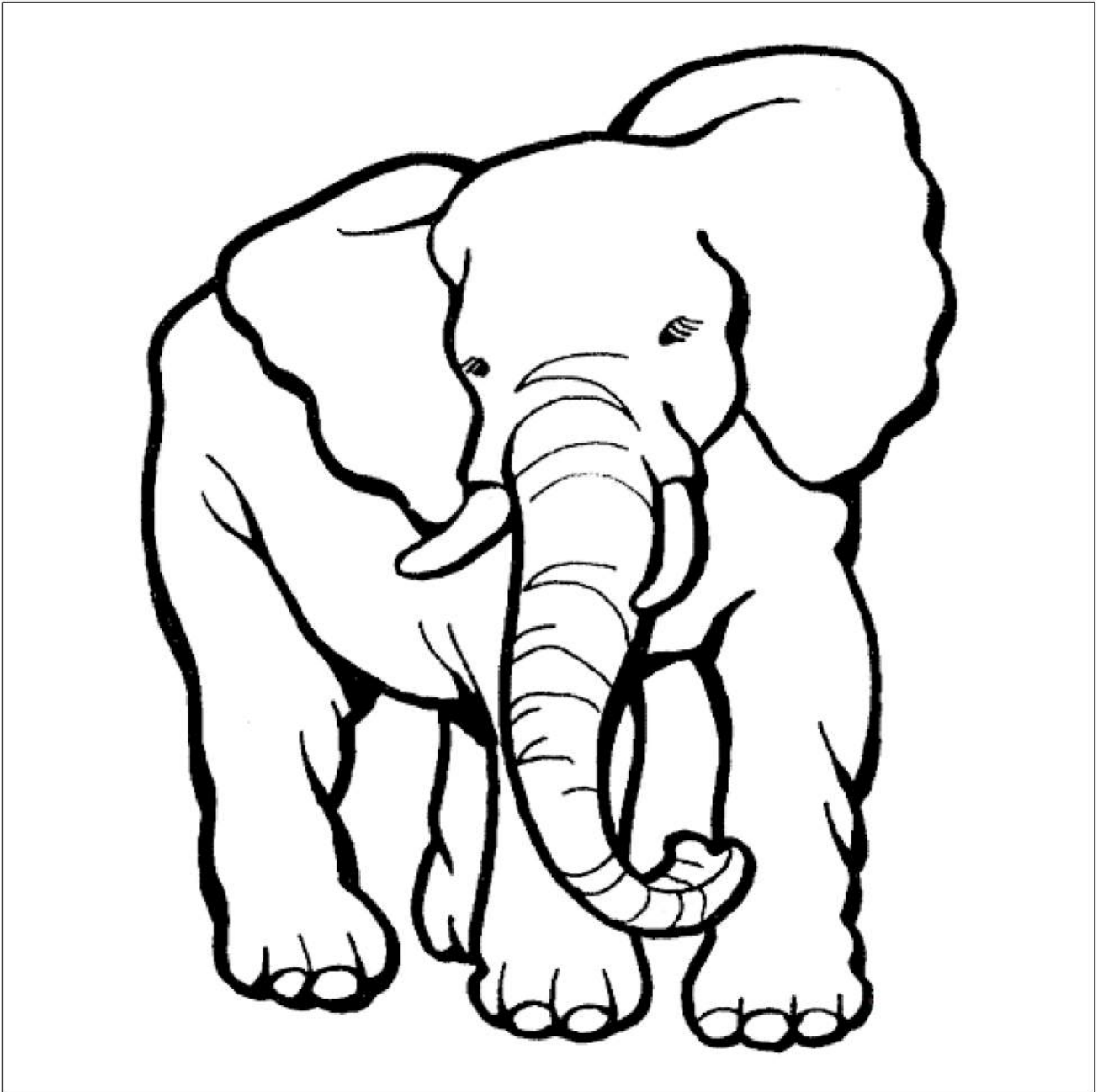


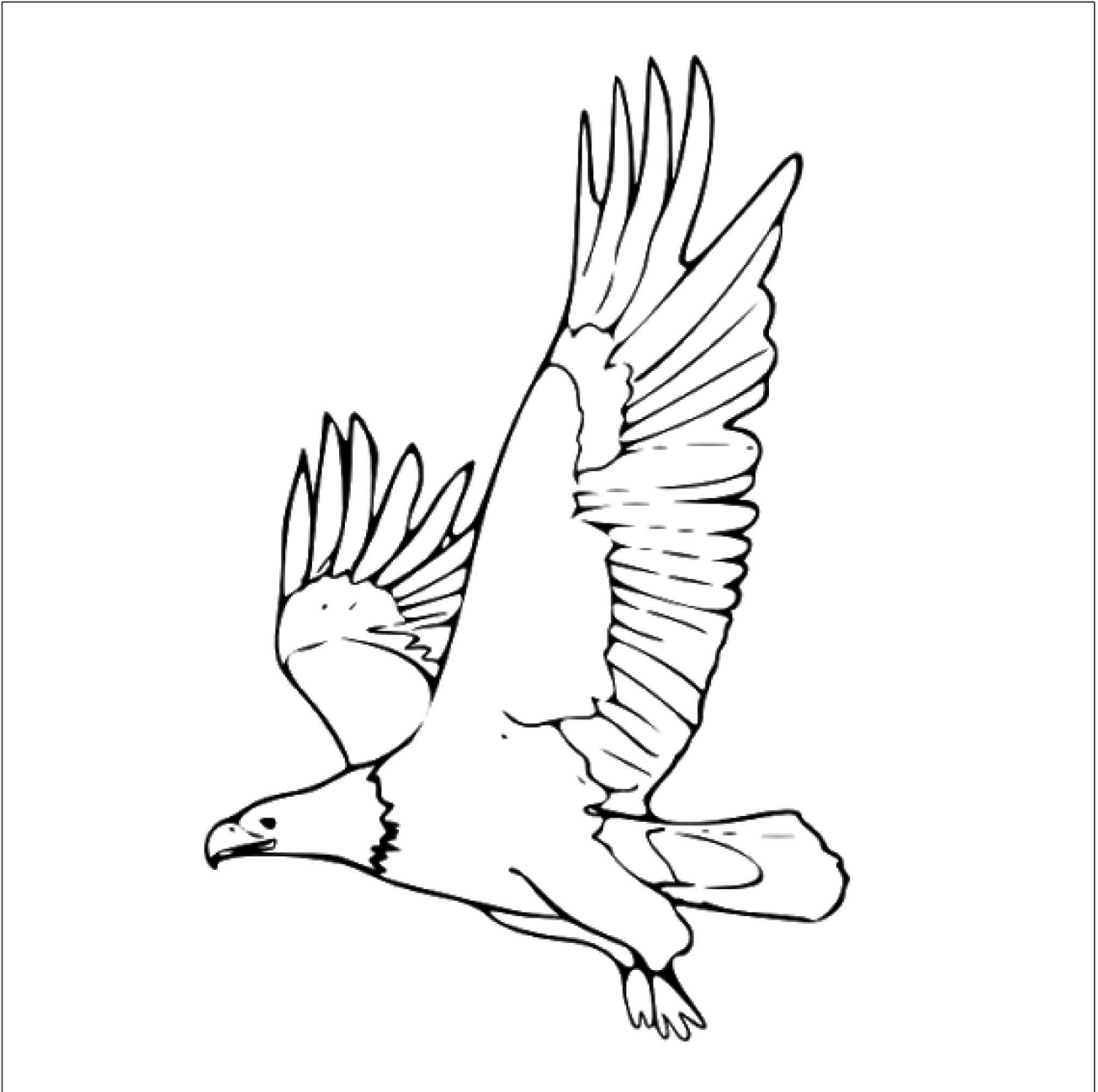
# Template for Animal Antics Dice

Page 133, Activity 1



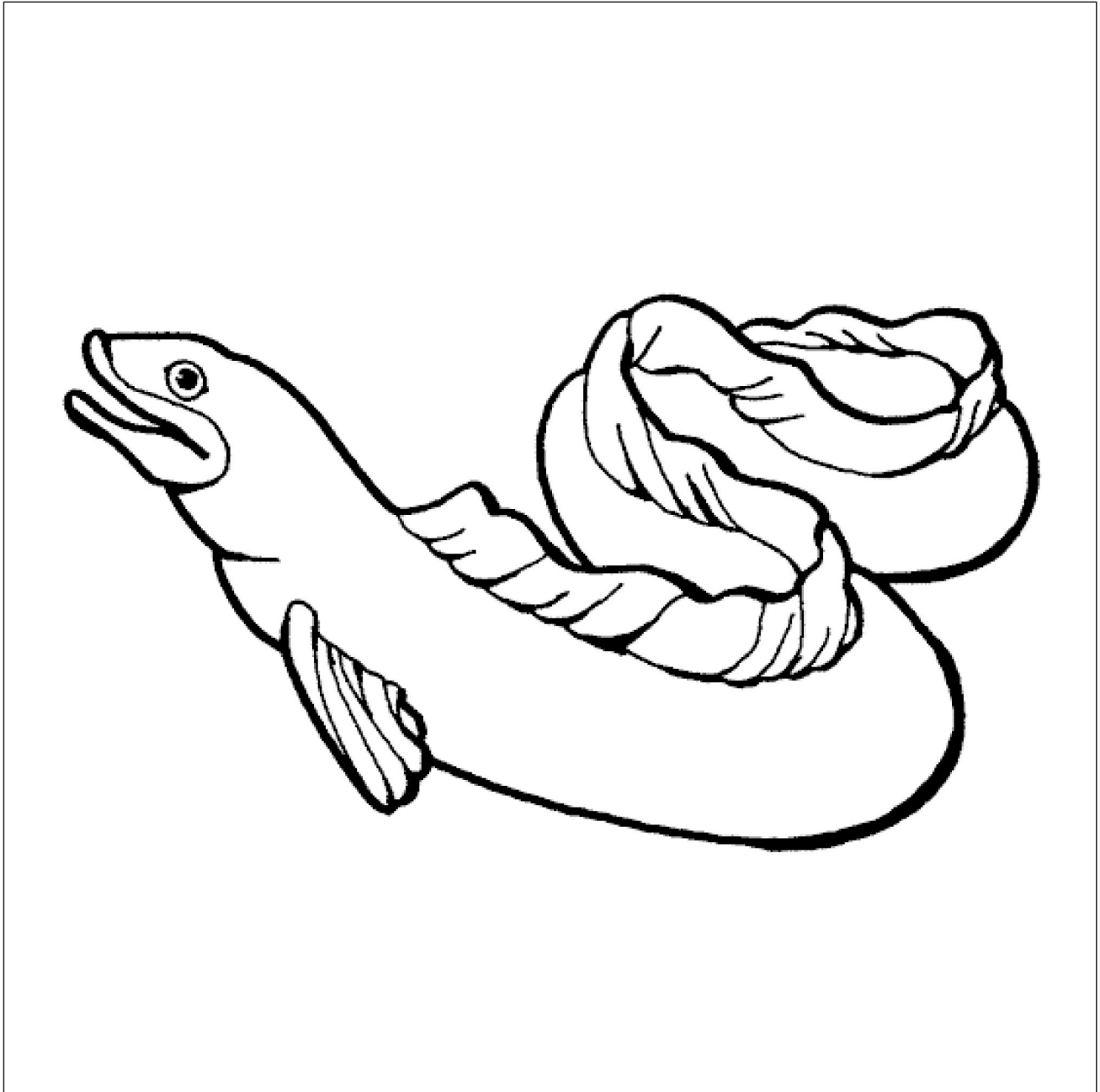
# Template for Animal Antics Dice

Page 133, Activity 1



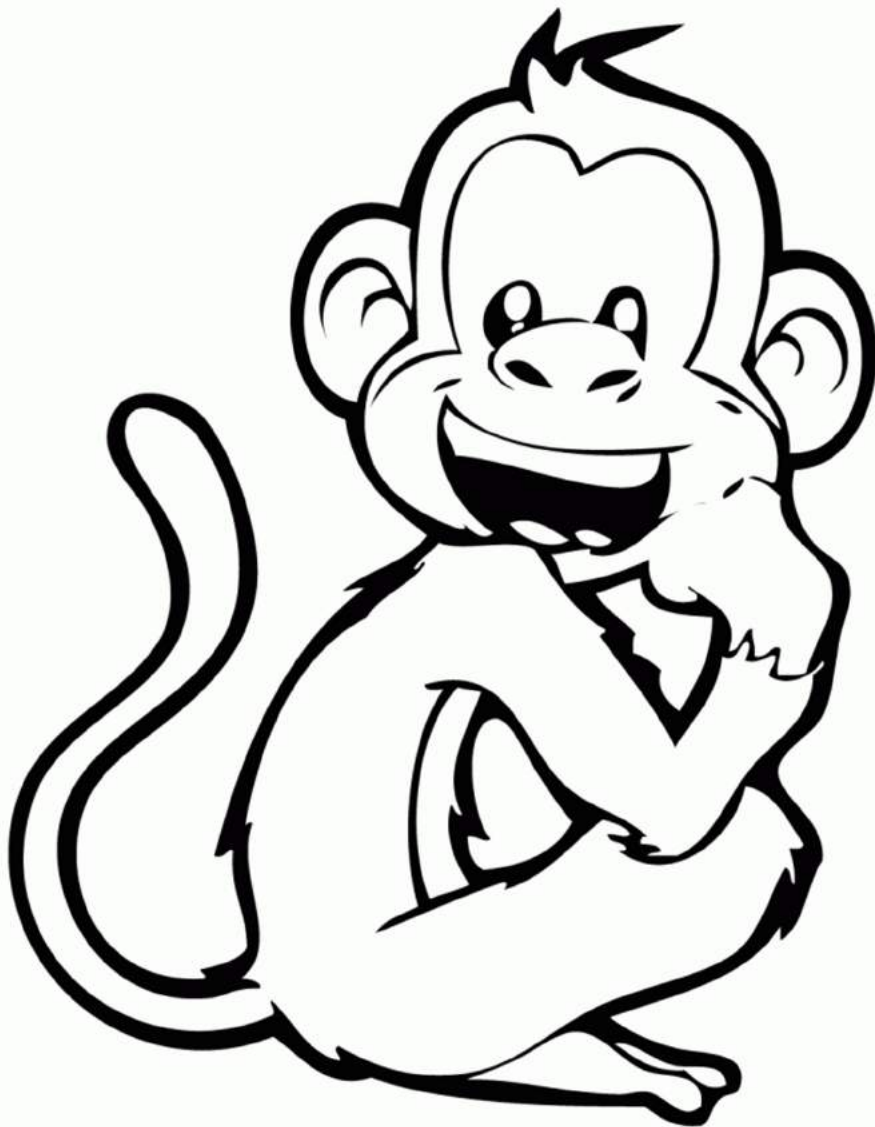
# Template for Animal Antics Dice

Page 133, Activity 1



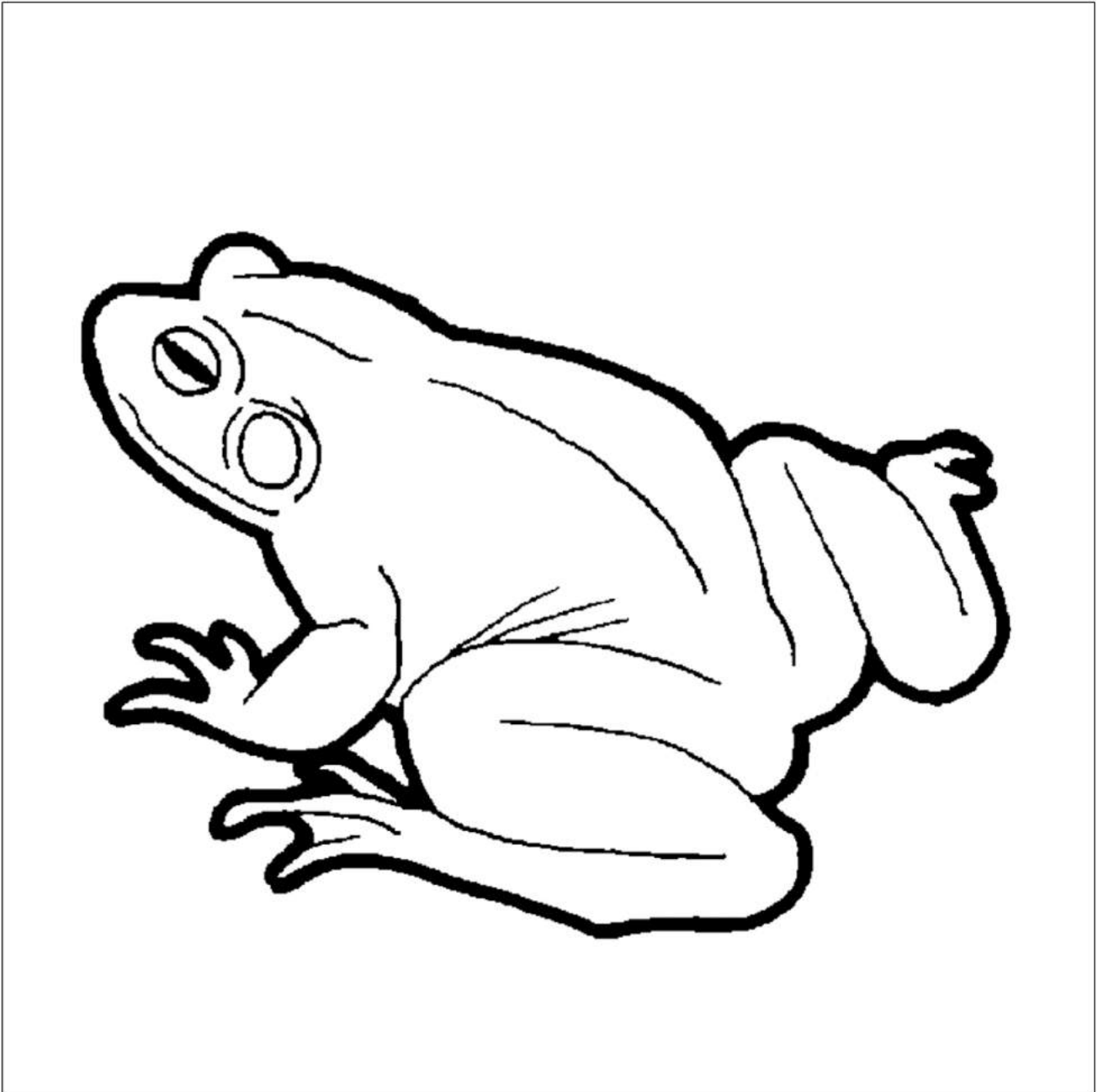
# Template for Animal Antics Dice

Page 133, Activity 1



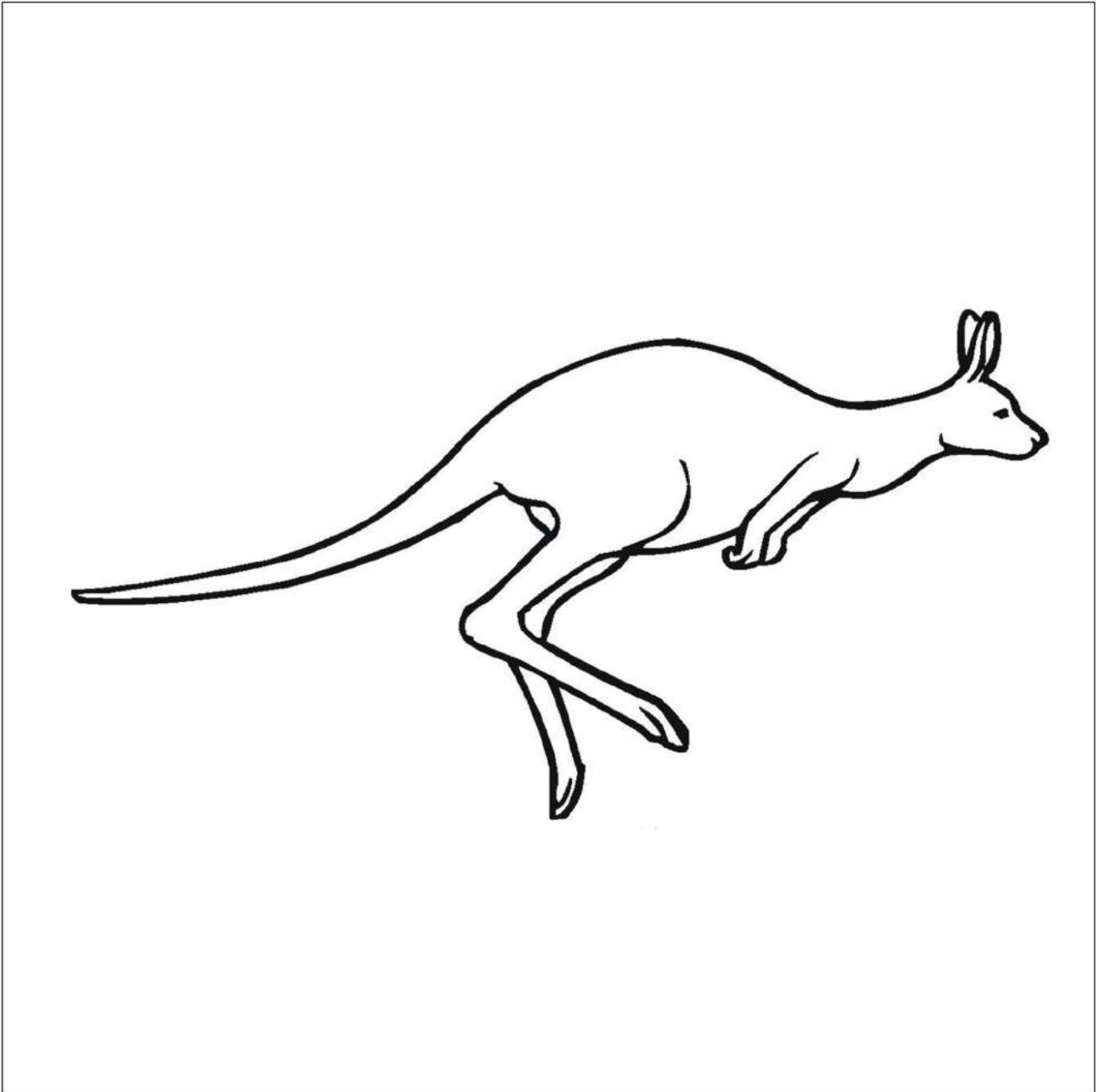
# Template for Animal Antics Dice

Page 133, Activity 1



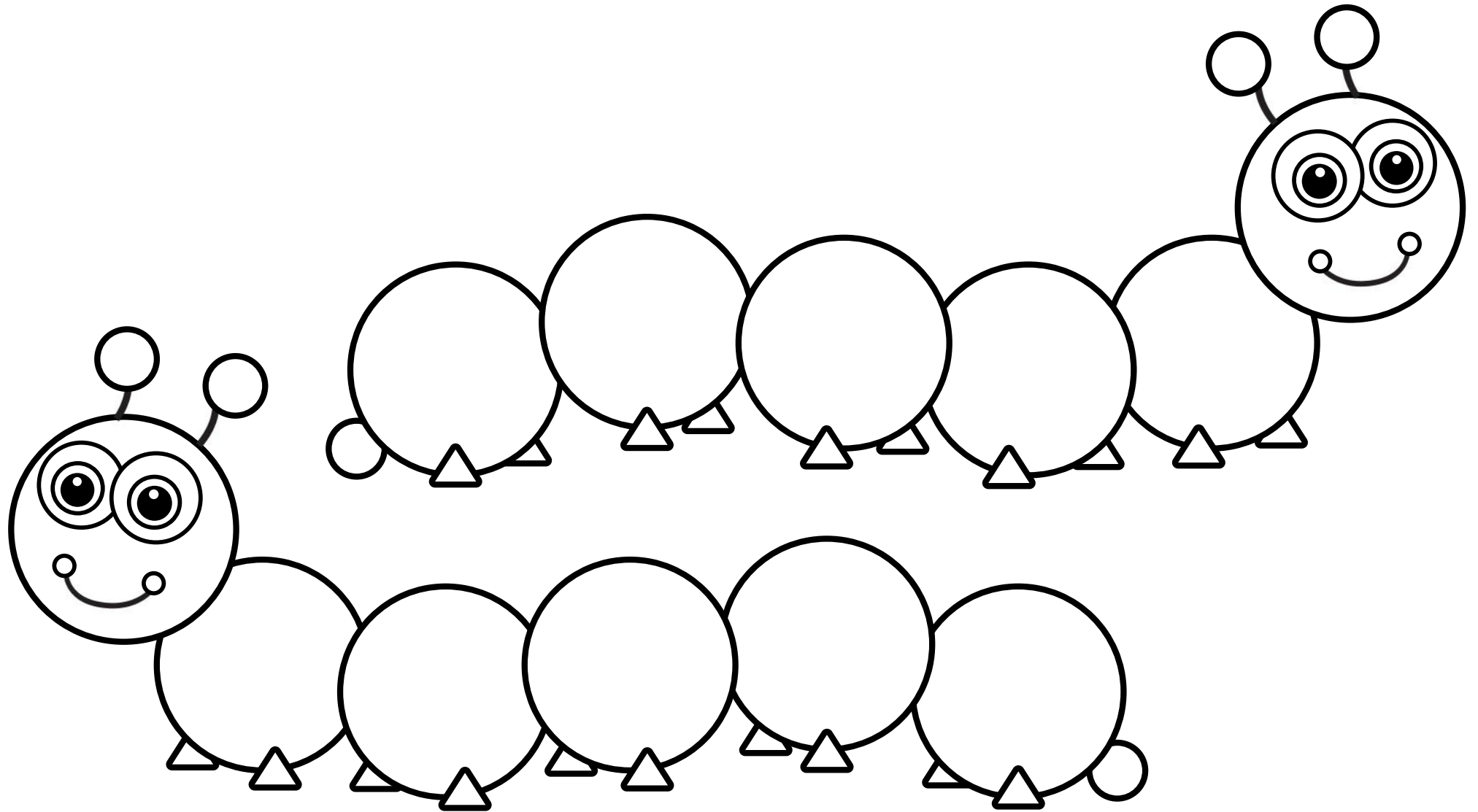
# Template for Animal Antics Dice

Page 133, Activity 1




# Template for Living Caterpillar and Non-living Brick Wall Display



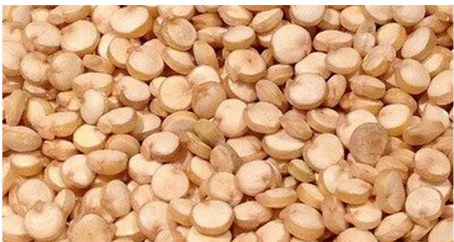




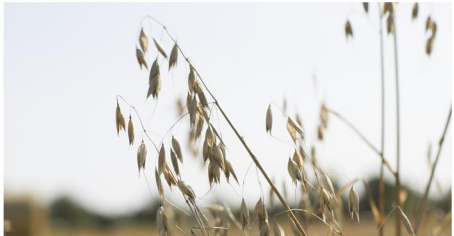




Page 22, Activity 6

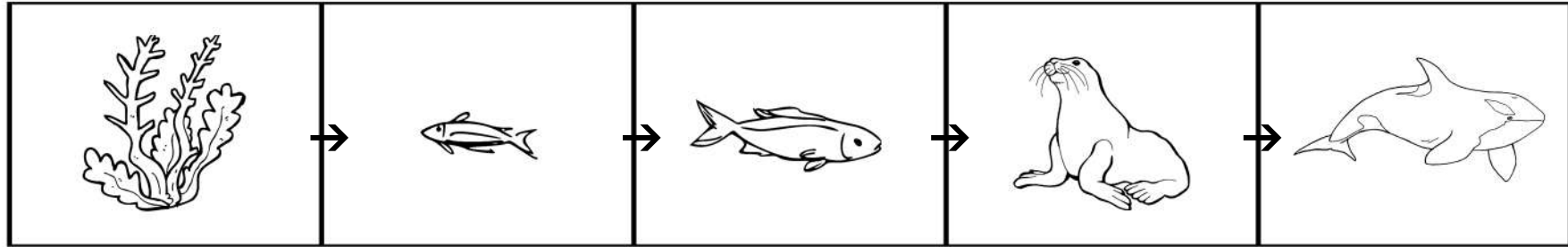




# Super Cereal Grains Worksheet

Page 66, Activity 3

Millet		
Quinoa		
Corn		
Oats		
Wheat		
Rice		



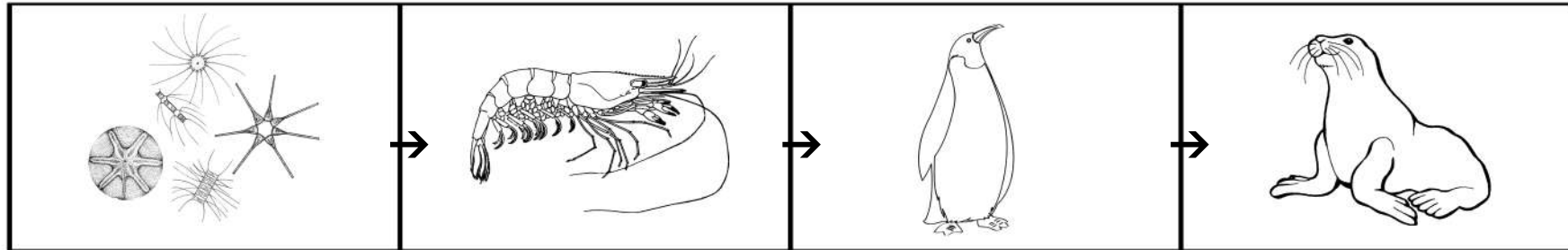
Algae

Herring

Cod

Seal

Orca whale

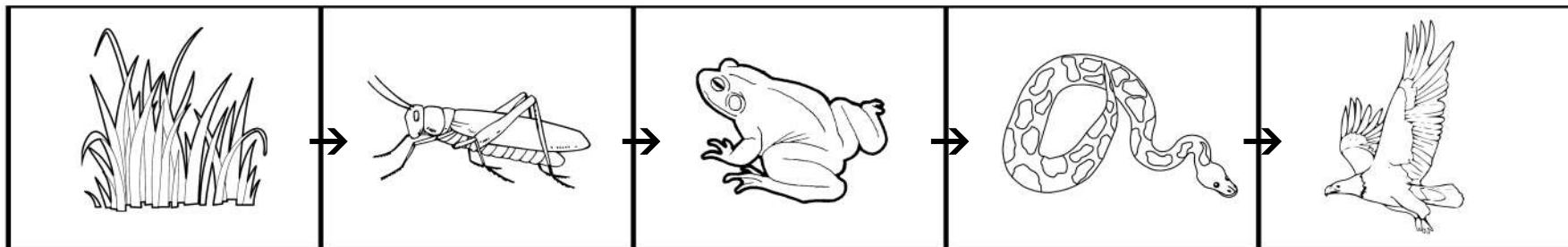


Phytoplankton

Krill

Penguin

Seal



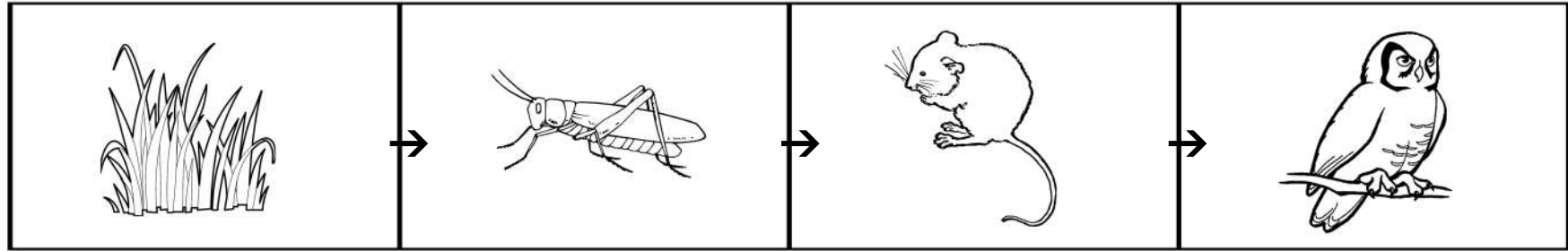
Grass

Grasshopper

Frog

Python

Eagle

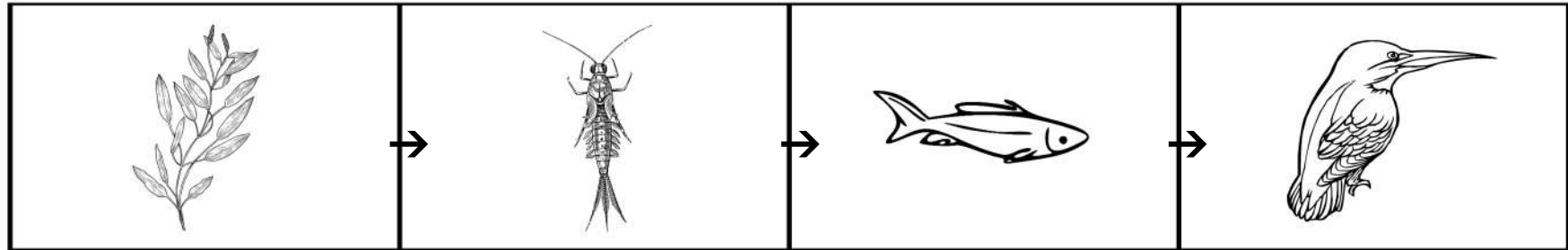


Grass

Grasshopper

Mouse

Owl



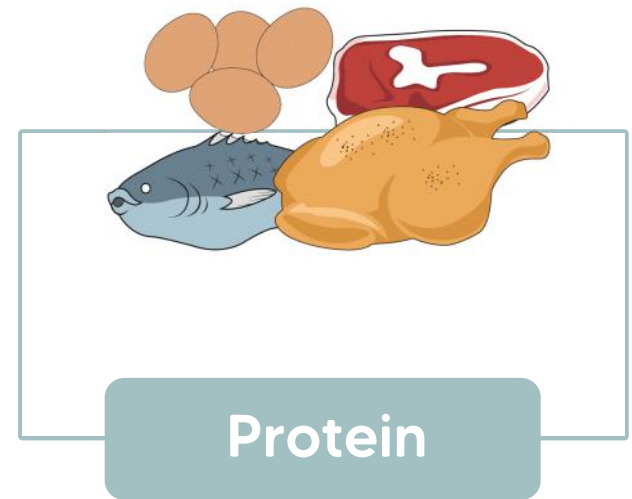
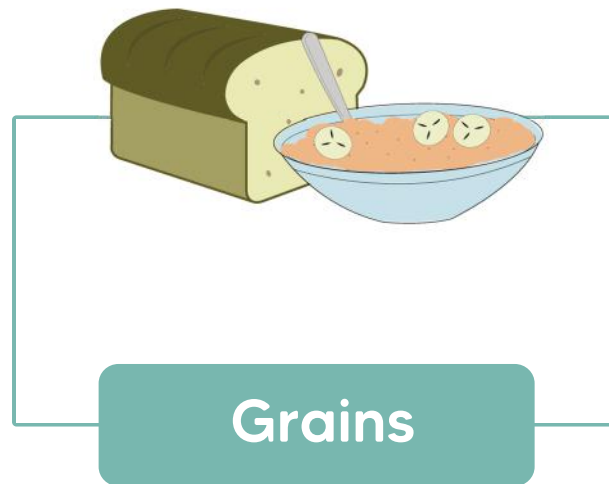
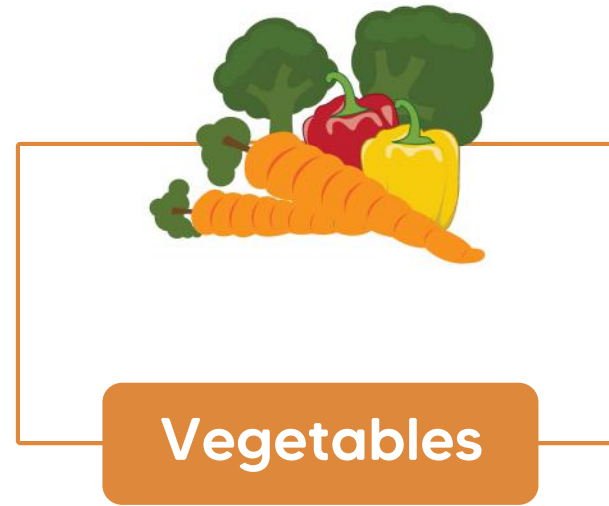
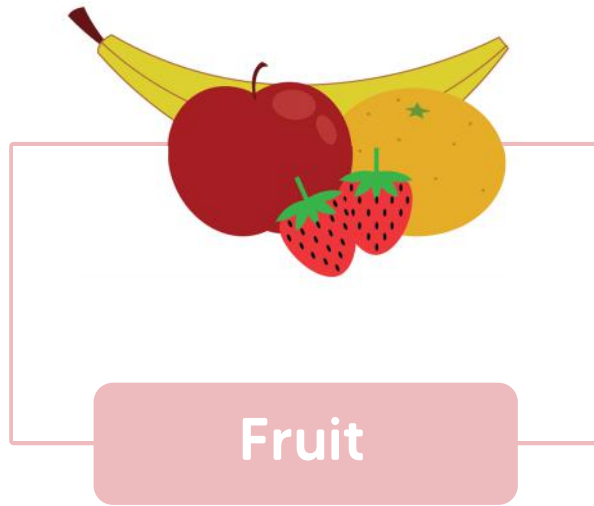
Pondweed

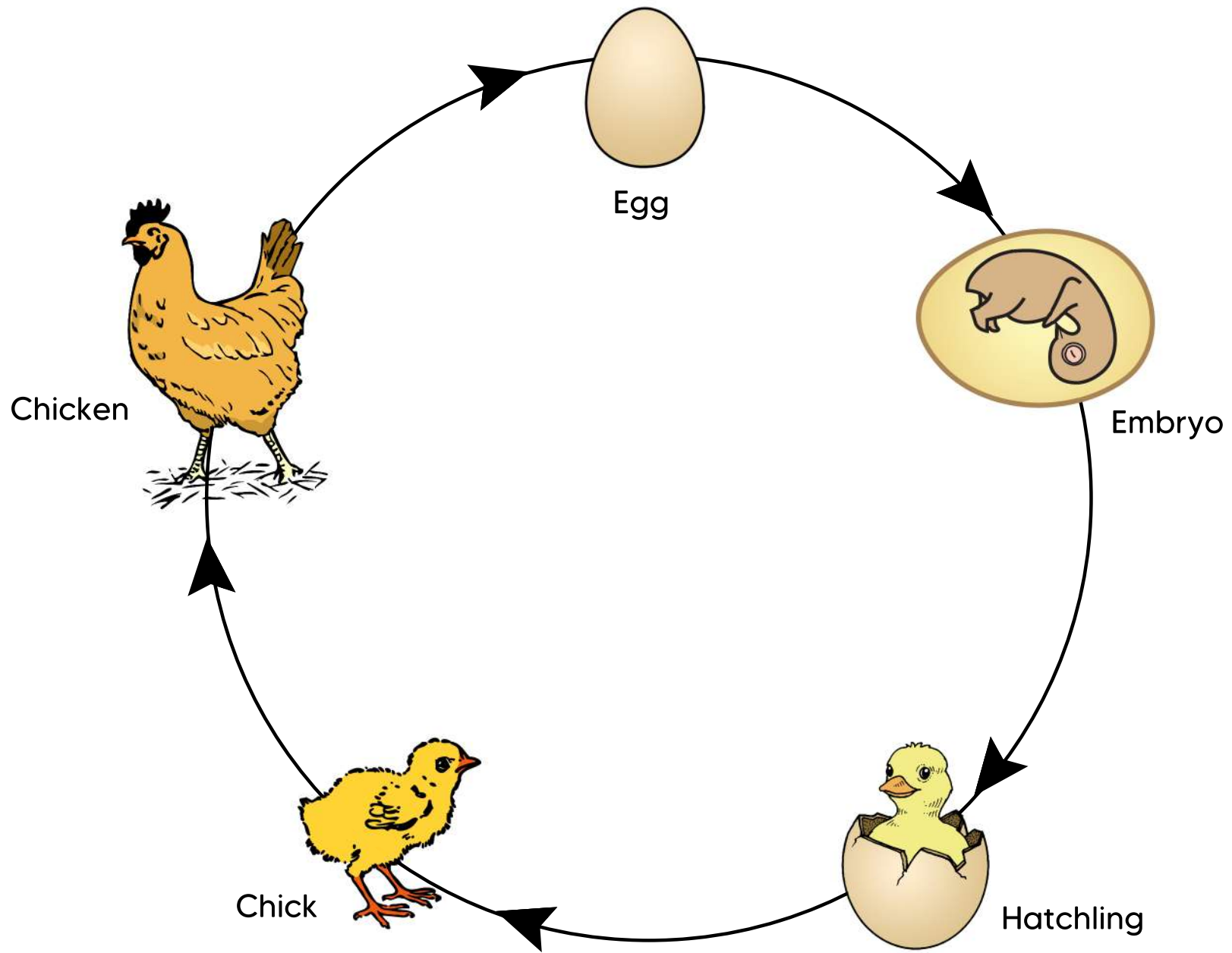
Insect larvae

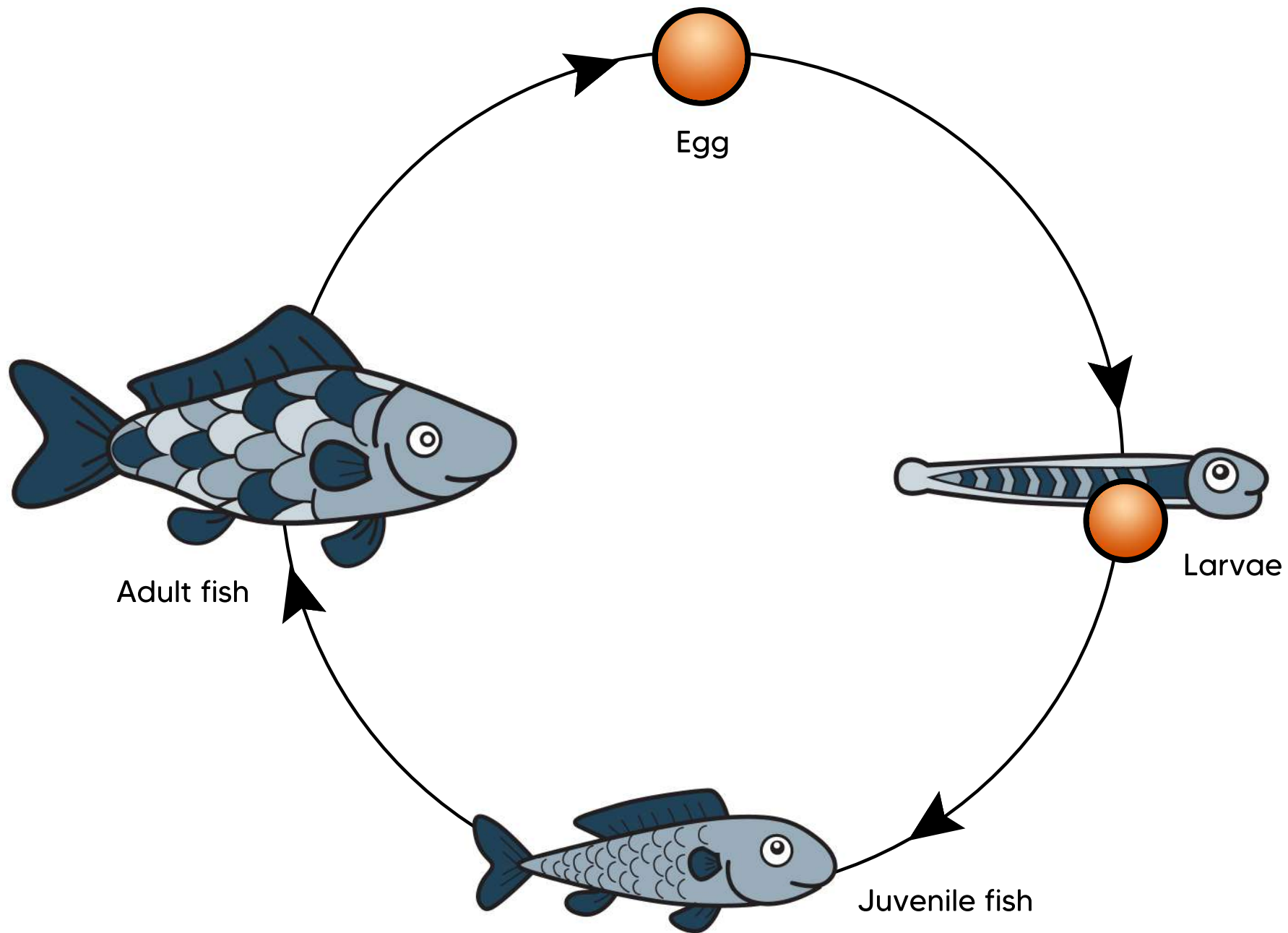
Minnow (little fish)

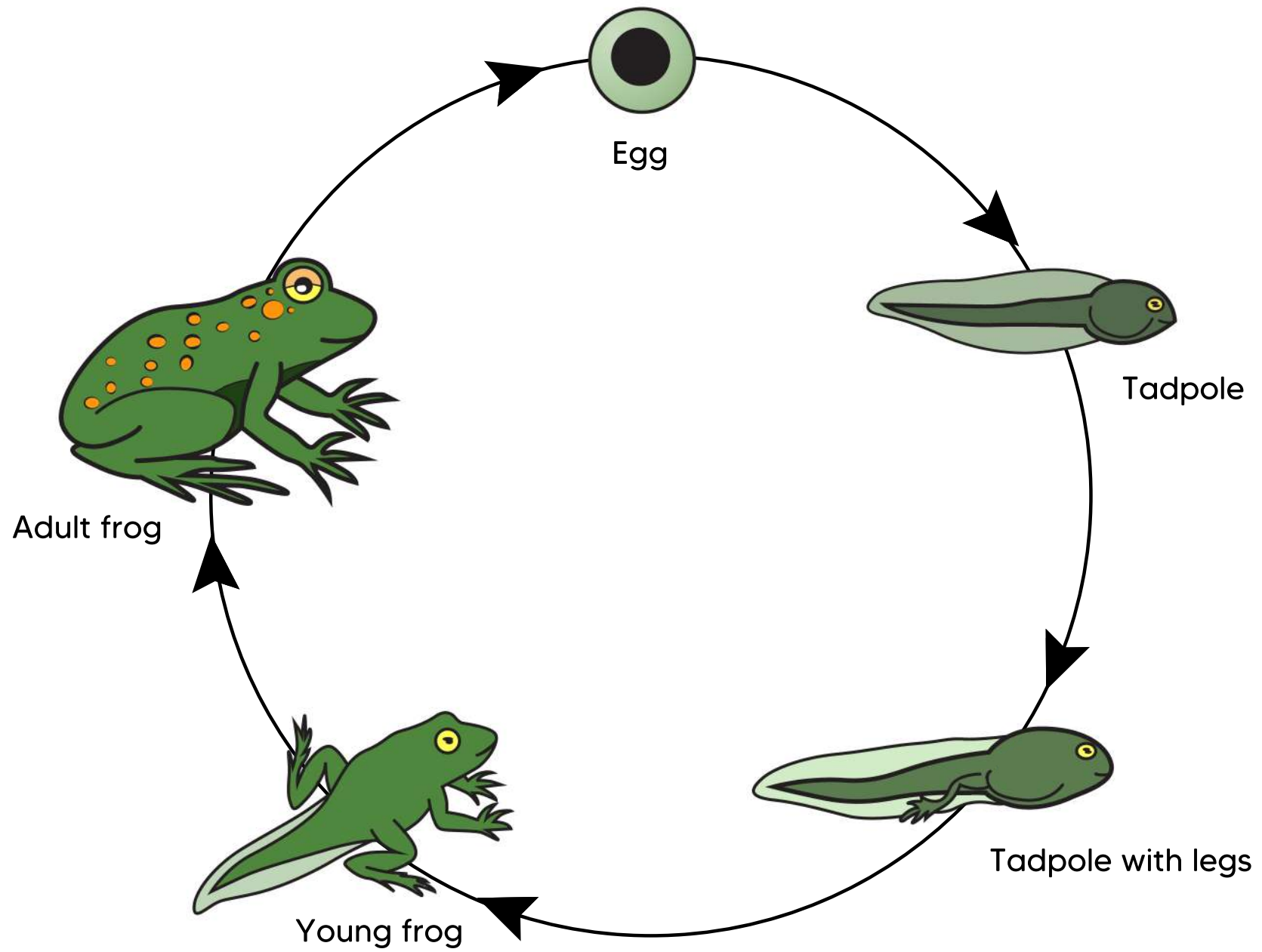
Kingfisher

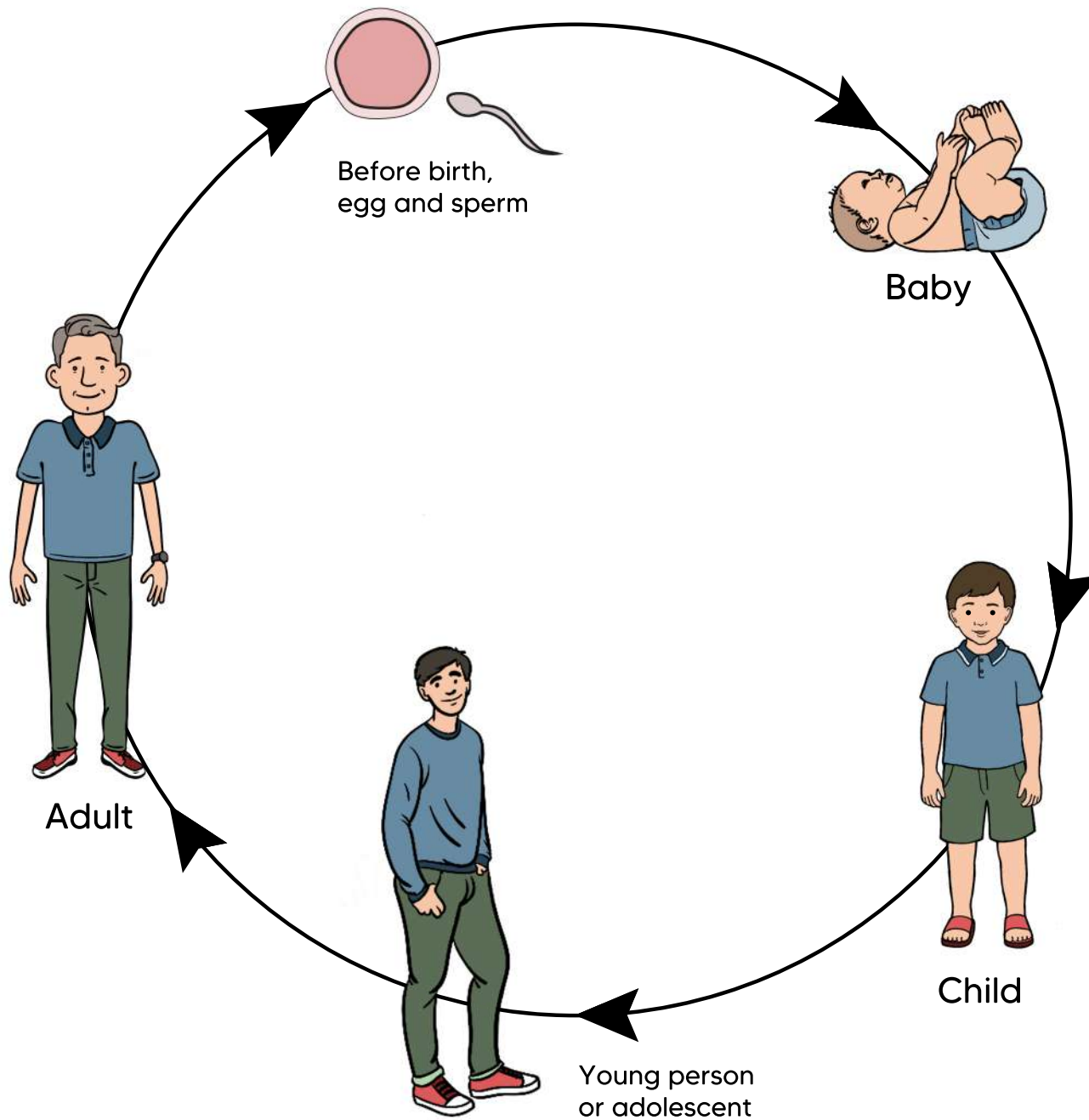
# Food Groups



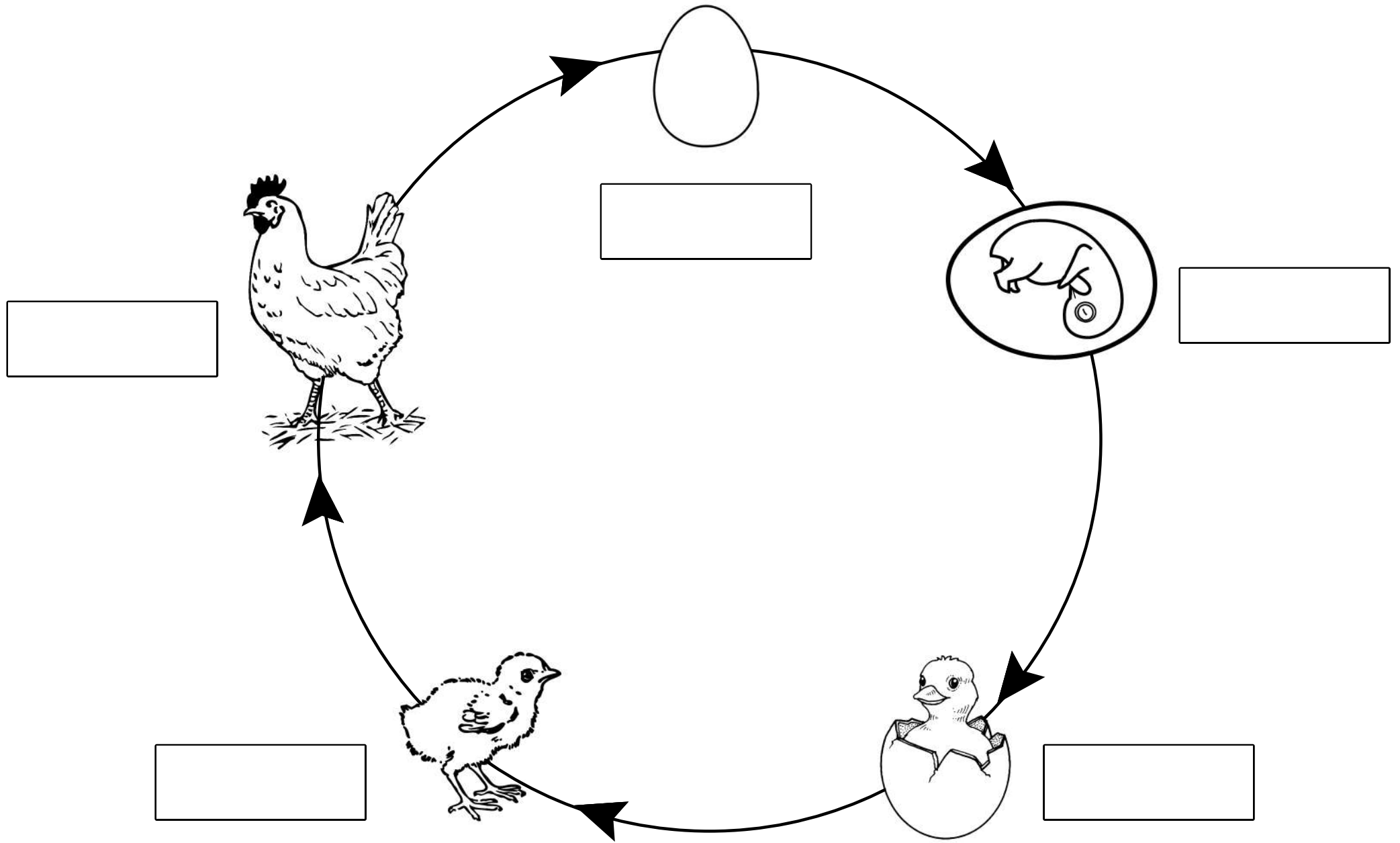


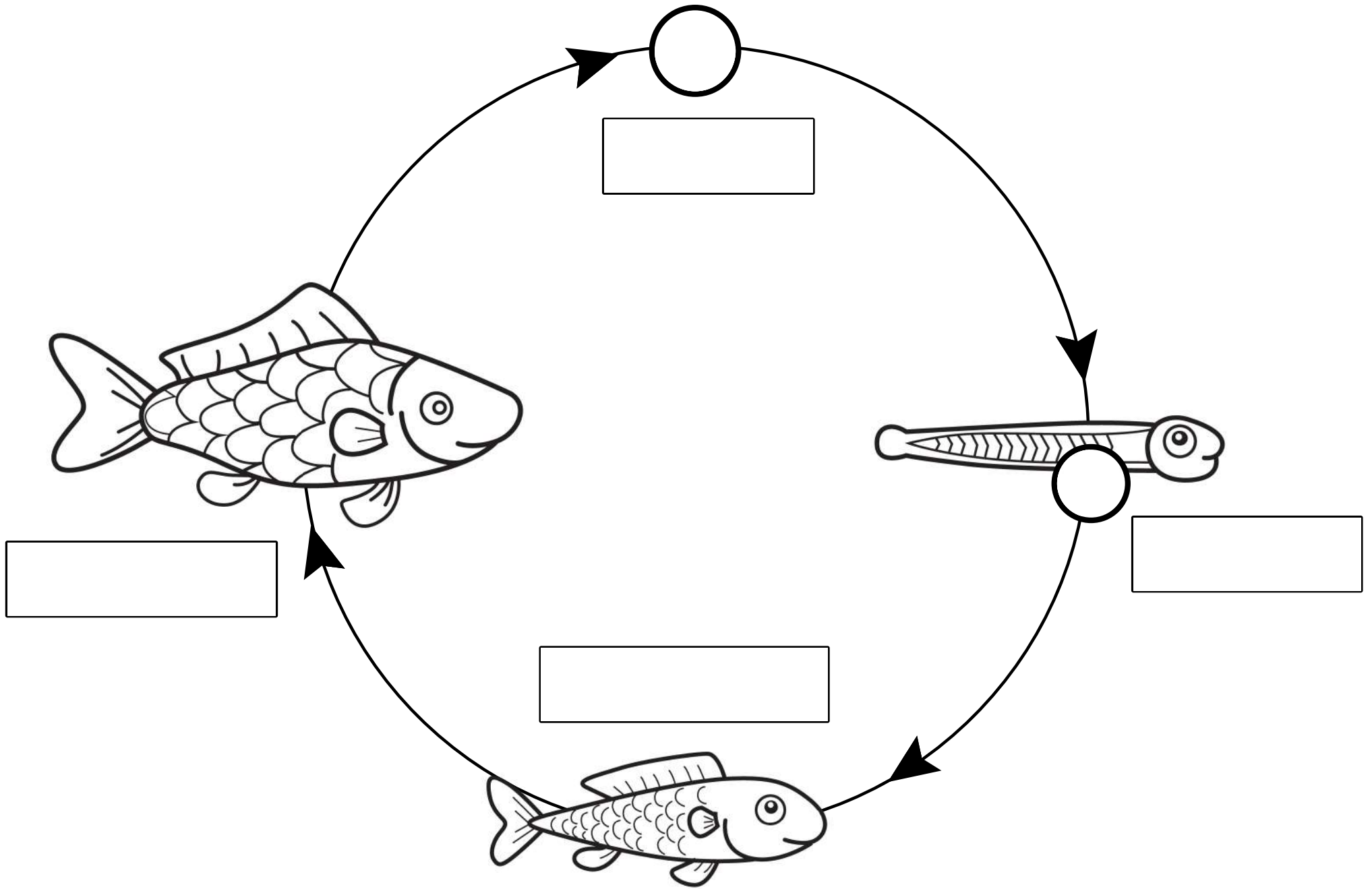


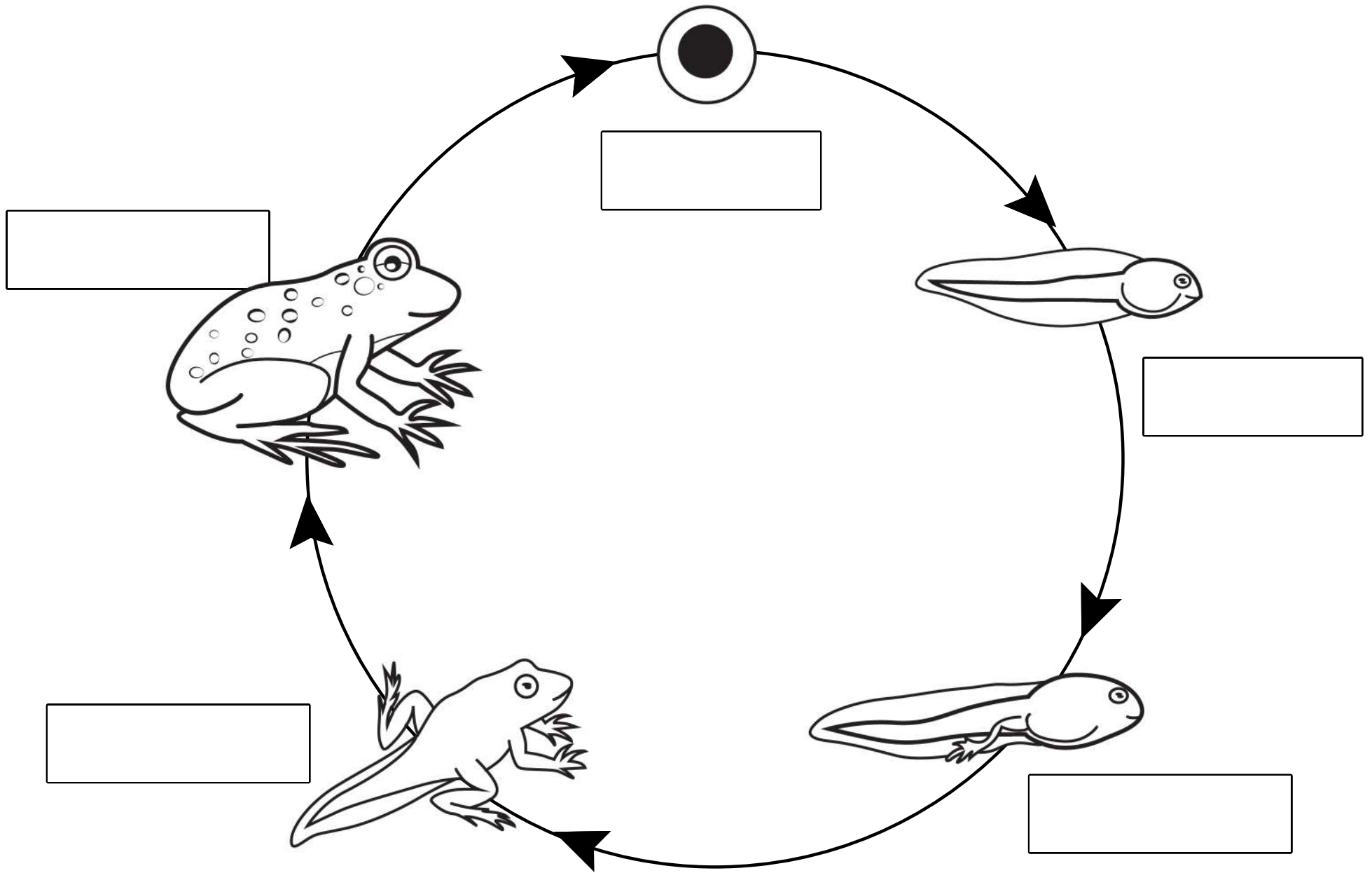


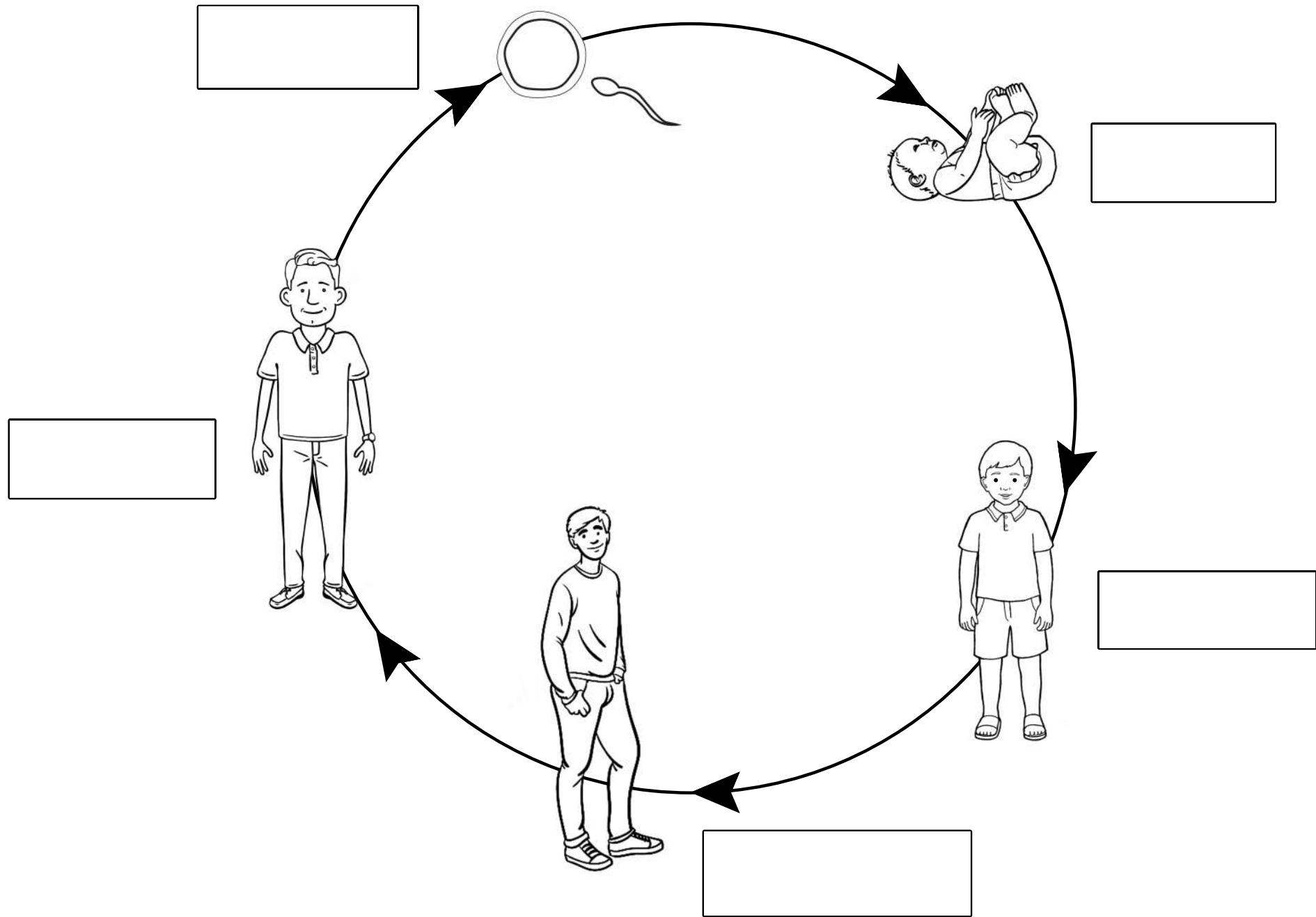









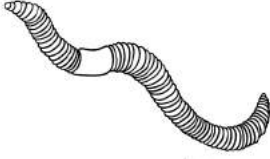

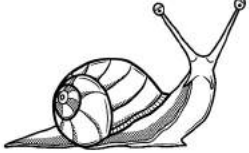
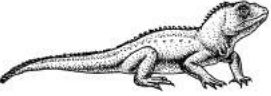
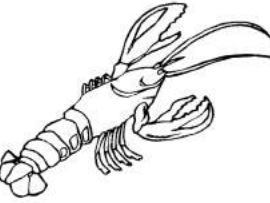



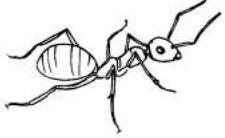
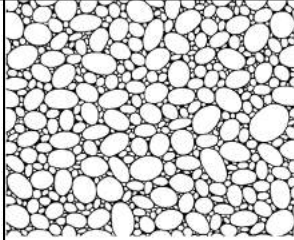
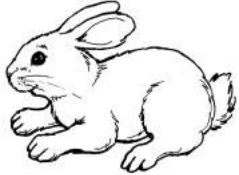
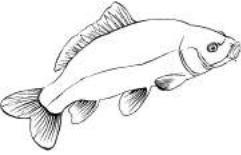

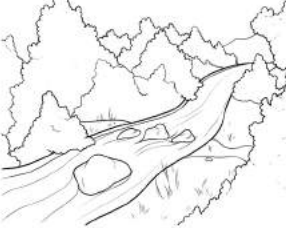

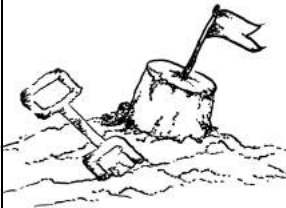


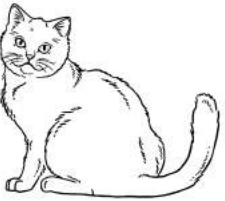

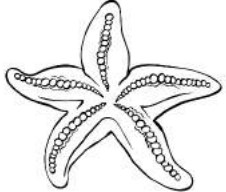

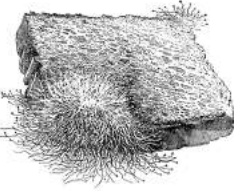








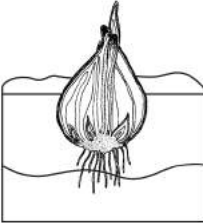

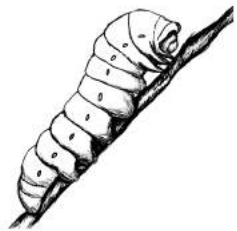

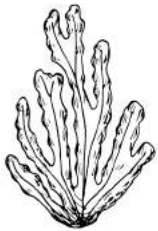
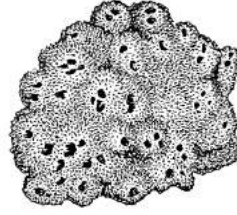



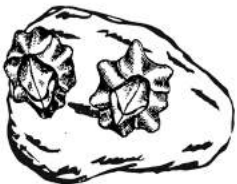





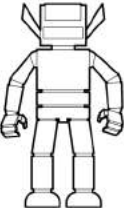
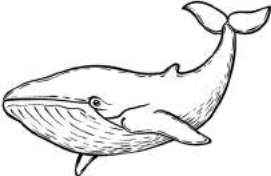
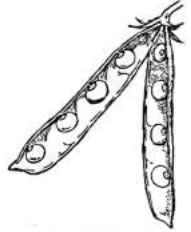


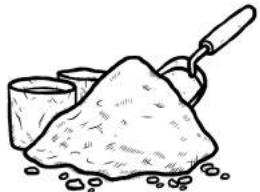

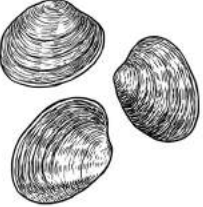
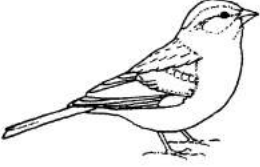
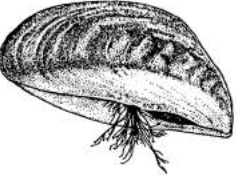



# Living and Non-Living Things

Cut and group these items in to living and non-living things

 <p>Moss</p>	 <p>Fossil</p>	 <p>Rocks</p>	 <p>Worm</p>	 <p>Picked vegetables</p>	 <p>Snail</p>	 <p>Tuatara</p>
 <p>Crayfish</p>	 <p>Leaves</p>	 <p>Hibernating bear</p>	 <p>Wood</p>	 <p>Ant</p>	 <p>Gravel</p>	 <p>Rabbit</p>
 <p>Fish</p>	 <p>Bee</p>	 <p>River</p>	 <p>Grass</p>	 <p>Sand</p>	 <p>Waves</p>	 <p>Butterfly</p>
 <p>Cat</p>	 <p>Fur</p>	 <p>Starfish</p>	 <p>Marbles</p>	 <p>Mouldy bread</p>	 <p>Fire</p>	 <p>Apple tree</p>

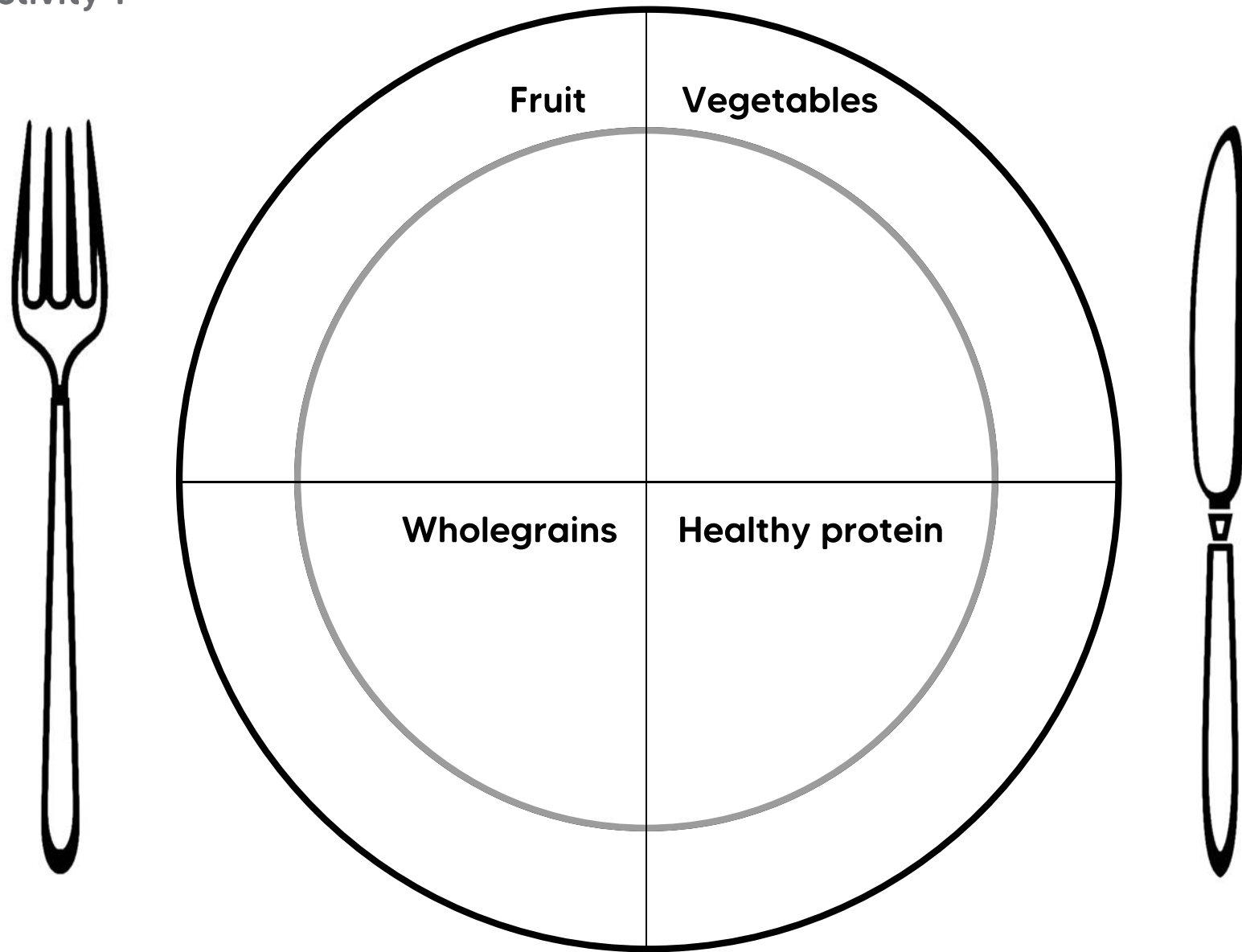
# Living and Non-Living Things

Cut and group these items in to living and non-living things

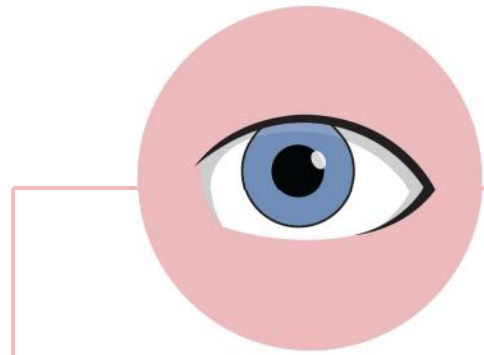
 <p>Onion in ground</p>	 <p>Bones</p>	 <p>Caterpillar</p>	 <p>Nails</p>	 <p>Seaweed</p>	 <p>Sea sponge</p>	 <p>Diamond</p>
 <p>Clay</p>	 <p>Water</p>	 <p>Barnacles on rocks</p>	 <p>Feathers</p>	 <p>Dog</p>	 <p>Mouse</p>	 <p>Tree</p>
 <p>Flowering plant</p>	 <p>Robot</p>	 <p>Whale</p>	 <p>Seed pod</p>	 <p>Wool</p>	 <p>Pinecone</p>	 <p>Soil</p>
 <p>Salt</p>	 <p>Pipis</p>	 <p>Bird</p>	 <p>Mussel</p>	 <p>Sun</p>	 <p>Mushrooms</p>	 <p>Shells</p>

# Healthy Eating Plates

Page 130, Activity 1



# The Senses



Seeing



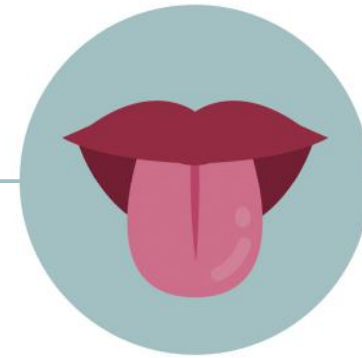
Hearing



Smelling



Feeling



Tasting



# Simple Recipe Ideas Using Fresh Food

## Growing Plants for Food

1

### Basil Pesto

- 250g fresh basil
- 1/3 cup cashew nuts
- 1/2 clove garlic
- 1/3 cup finely grated parmesan cheese
- 1/3 olive oil

Using a food processor blend together the basil, nuts, garlic and parmesan. Slowly add the oil until it is well combined. Season to taste.



2

### Hommus

- 2 x 400g cans of drained chickpeas (reserve the liquid and a few whole chickpeas to use as a garnish)
- 5 teaspoons tahini
- 3 garlic cloves, crushed
- 1 teaspoon salt
- 6 tablespoons of extra virgin olive oil
- 5 tablespoons of freshly squeezed lemon juice
- large pinch of cayenne pepper
- 2 teaspoons ground cumin

#### For garnishing:

- paprika
- chopped parsley or coriander
- extra virgin olive oil

Drain the chickpeas and rinse in cold water. Tip the chickpeas in a food processor and add the tahini, crushed garlic, salt, olive oil, lemon juice, cayenne pepper and cumin and blitz together until thick and smooth.

Then while the food processor is still going, slowly add about 6 tablespoons of the reserved chickpea liquid to form a smooth creamy puree. Adjust seasoning if required and add any extra lemon juice if need be.

Spread the hummus onto a flat bowl or plate and drizzle with a little oil, sprinkle with paprika and then scatter the fresh herbs over the top.

# 5

## Apple Crumble

### Apple mix:

- 6-8 large apples
- 1/4 cup caster sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1 teaspoon vanilla extract.
- Lemon zest of one small lemon

### Crumble mix:

- 1 cup flour
- 3/4 cup brown sugar
- 2/4 cup rolled oats
- 1/2 cup coconut
- 2 teaspoons ground cinnamon
- 2 teaspoons ground nutmeg
- 2/3 cup butter melted

Peel and core the apples. Cut into rough 1-2 cm cubes and place in large saucepan. Cover with water.

Simmer gently until the apples are just tender, around 5 minutes once the water starts to simmer. Drain the apple well and place in a large bowl. Combine sugar, ginger, cinnamon, vanilla and lemon zest and toss through the apples.

For the crumble, combine the dry ingredients in a large bowl and mix thoroughly. Add melted butter and mix well until all the ingredients are moist and mixture has a crumbly texture.

Place the apple mix evenly in a medium pie dish or individual ramekins. Spread crumble mix over the top and bake for 30-40 minutes at 180 degrees Celsius, until the crumble topping is lightly browned.



### 3

## Guacamole

- 4 ripe avocados
- 1 teaspoon salt
- 2 tablespoons lime juice
- 1 small onion (red or green) minced
- 2 fresh red chilies
- 1/2 cup finely chopped fresh coriander
- black pepper



Deseed the chilies and then cut finely.

Cut the avocados in half, remove seeds and scoop out flesh with a spoon.

Mash the avocado with a fork. Keep it a little chunky!

Sprinkle the avocado with salt and the lime juice and then mix. This will help keep the avocado from browning. Next add the minced onion, coriander, chopped chilies, and mix until combined. Season with pepper and add extra salt and /or lime juice if needed.

### 4

## Strawberry Jam

- 1kg strawberries washed and leaves removed
- 500g jam sugar
- Juice from 2 lemons
- 1 vanilla pod
- 1 teaspoon tartaric acid



Place the prepared strawberries in a large heavy based saucepan.

Halve the vanilla pod length ways and scrape out the seeds and add to the strawberries.

Use a potato masher and lightly crush the strawberries leaving some chunky bits of strawberry, which are lovely for texture.

Add the sugar.

Place the saucepan on a medium heat, bring to the boil for five minutes and then add the lemon juice and tartaric acid. Boil rapidly for a further 10 minutes.

Turn the heat off and then carefully skim off any foam on the surface of the jam.

Pour the jam into sterilized hot jars.

# Try these simple ideas

1

## Jacket Potatoes

- Scrub the potatoes and dry them thoroughly.
- Rub plenty of olive oil all over the skin of the potatoes.
- Rub some salt on the outside of the potatoes.
- Place the potatoes on a baking sheet and bake in a preheated oven at 200 degrees Celcius for about 50-60 minutes. The time will differ depending on the size of the potatoes.
- Once cooked cut a cross shaped pattern on the top and add a topping such as butter, sourcream and chives, baked beans, savoury mince, cheese and bacon etc. A very cheap, easy and satisfying recipe for children!



2

## Corn on the Cob

- Place one cob of corn with the green leafy layer still attached into the microwave and cook on high for three minutes.
- Remove the corn from the microwave using an oven cloth or tongs.
- Peel the leaves off and enjoy. A healthy, quick, easy and affordable snack for children... from garden to plate in three minutes!

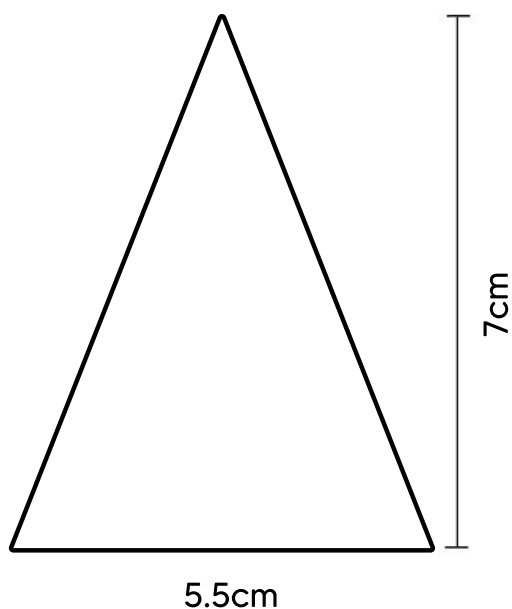
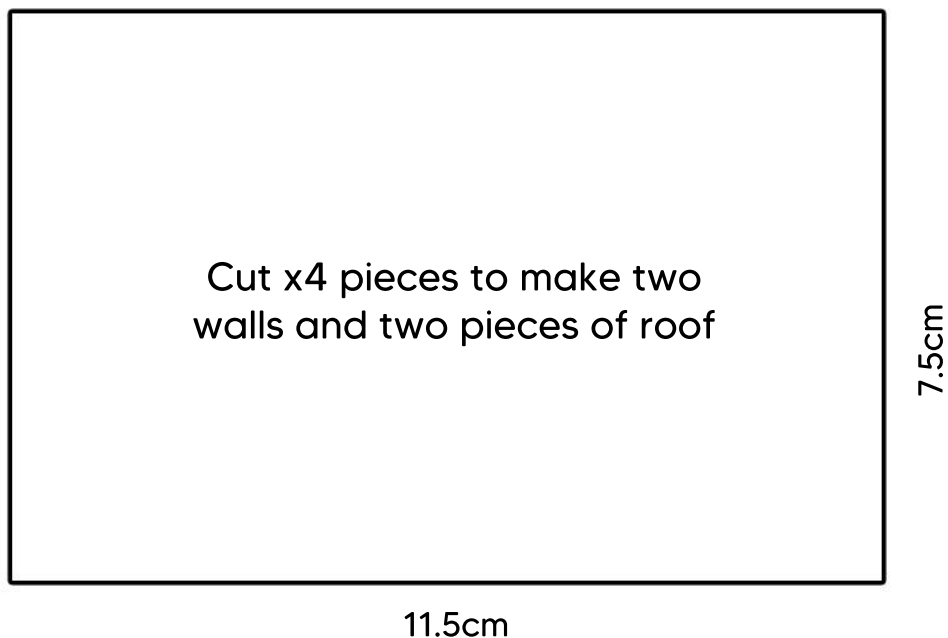
3

## Fruit Skewers

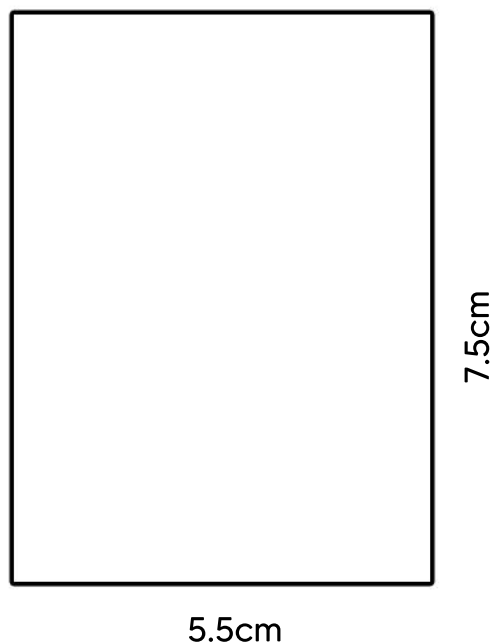
- Cut your favourite fruits into cubes and thread onto wooden skewers. Use fruits such as berries, grapes, pineapple, kiwifruit, oranges etc.

# Templates for Sprout House

Page 58, Activity 7

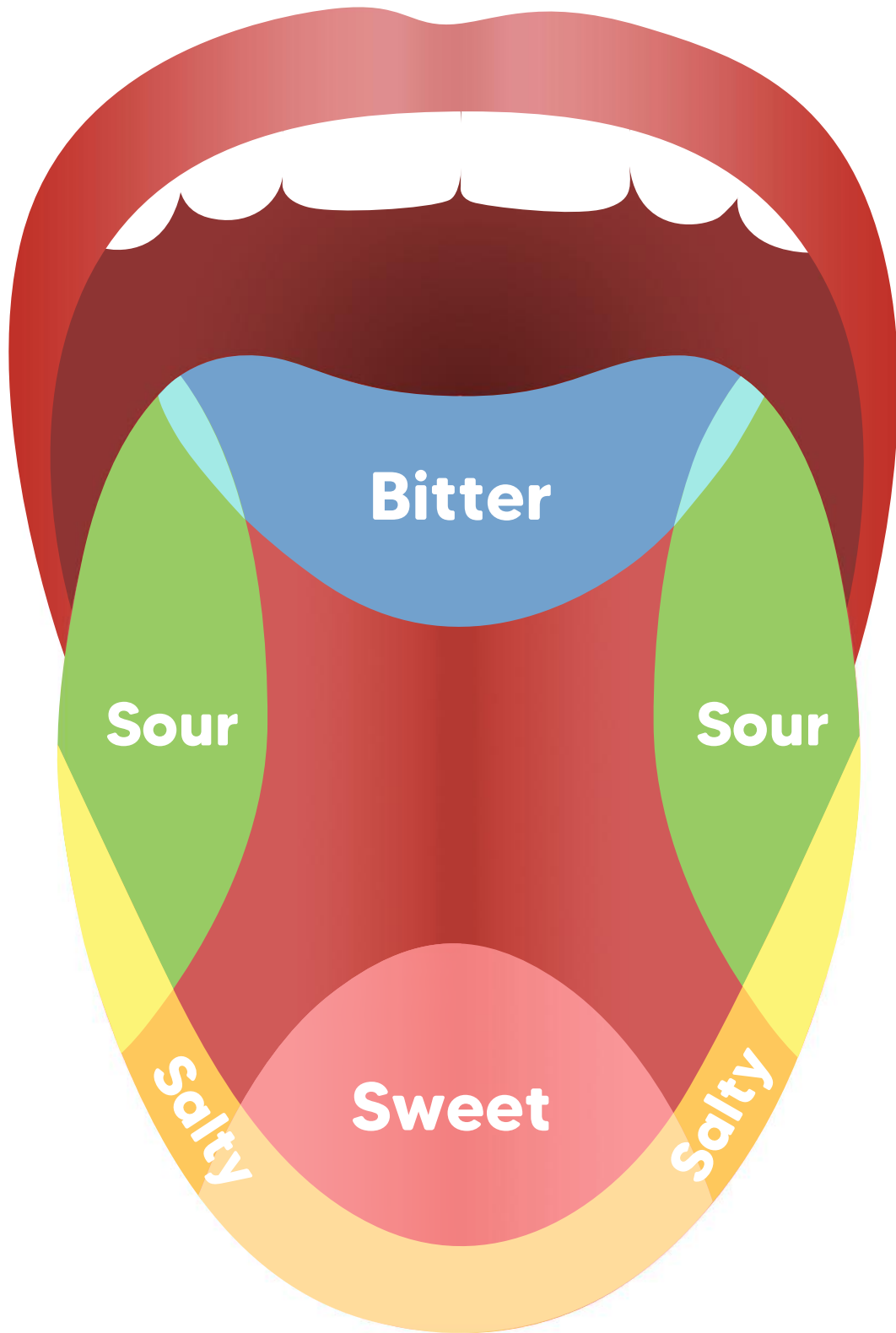


Cut x2 pieces to make the triangle windows



Cut x2 pieces to make the front and back door

# Taste Areas on the Human Tongue

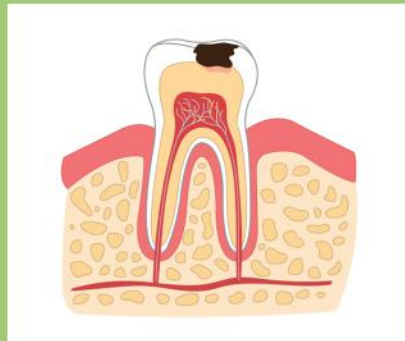


# The Process of Tooth Decay



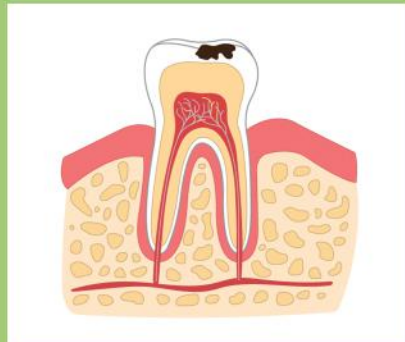
## 1. Plaque Build Up

A white covering appears on the tooth. This is called plaque. It is a mixture of left over food and saliva. Brushing your teeth stops the build up of plaque. The millions of bacteria found in plaque feed on the food left in your mouth after eating.



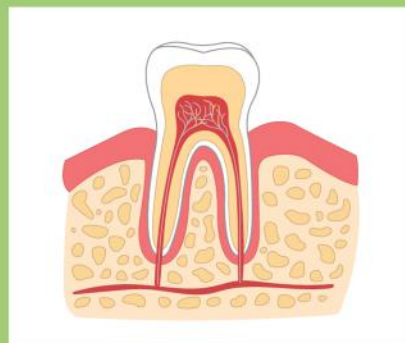
## 2. Enamel Decay

The bacteria in the plaque produces an acid, causing the enamel on the tooth to deteriorate and then a lesion will form.



## 3. Dentin Decay

The bacteria and acid continue breaking down the enamel until it reaches the softer layer inside the tooth called dentin. A cavity will develop and it will become painful.



## 4. Pulp Decay

When the decay reaches the pulp it is incredibly painful. The pulp is the centre of the tooth where the nerves and blood vessels are located. When the bacteria enters the pulp it begins to destroy the nerves and vessels. When this happens the whole tooth will eventually change colour and fall out.