

Healthy Food



- The Eatwell plate helps us to think about the balance of food that we should eat in a meal.
- One third of the plate is carbohydrates, in the form of whole grains and potatoes and another third is fruit and vegetables

Easy to make lunchbox foods:

- Hummus is quick and easy to make with only few ingredients. You can add your own flavours, from Moroccan spices, to sweet chilli sauce. Enjoy with raw fresh vegetables or toasted pitta
- Wraps are a good alternative to sandwiches. Research some fun fillings like avocado, pesto and mozzarella or Mexican chicken
- You could experiment with Vietnamese rice wraps. These need soaking in water before use, but are delicious filled with fresh vegetables and a Teriyaki dip.
- For a sweet treat, why not make some flapjack with fruits like dried apricots, raisins or apple.



Key Vocabulary

carbohydrate
protein
fat
balance
grains
wrap
chop
slice
appearance
preference
seasonal
produce
grown
edible
greasy
spicy
moist



Viking Jewellery - DT

How can I add texture to my jewellery creation?

**YEAR 3
Term 3**

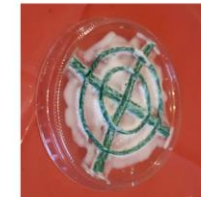
Viking Jewellery



- Viking jewellery was usually fashioned from bronze, pewter or animal bones and sometimes gold.
- Men and women used jewellery to show their status
- Much jewellery featured animals, especially twisting snakes

Things to consider:

- A brooch can be made with cardboard, a plastic lid or clay.
- Emboss clay with pen lids or beads to make simple shapes and patterns
- String or rice can be added to create raised textured shapes or runes
- You could cover in tinfoil and etch shapes into the foil
- You could add plastic jewels or sequins for ornamentation
- You could make beads from paper and thread for bracelets and necklaces



Key Vocabulary

- brooch
- emboss
- texture
- etch
- ornament
- pattern
- design
- cover
- assemble
- score
- joining
- strong
- secure
- edge
- face
- decision

Pop-up books

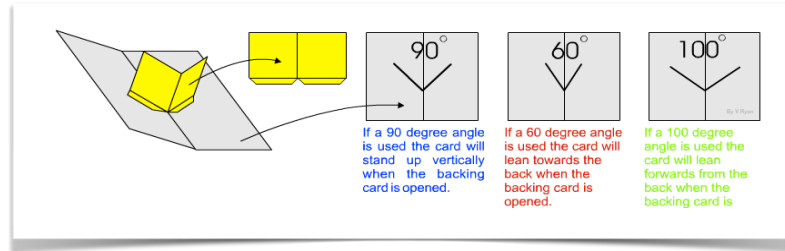


- Pop-up books are always a child's favourite as it makes the story or information come to life
- They can be very complex, but simple ones are easy to make

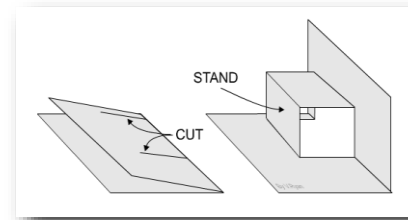


Things to consider:

- The v-fold is one of the simplest pop-up methods



- The internal stand involves cutting from into the base card



- For the parallelogram pop-up, you have to make a separate stand and affix to the base card.



Key Vocabulary

- length
- width
- scoring
- tabs
- adhesives
- joining
- assemble
- accuracy
- material
- stiff
- strong
- base
- v-fold
- internal stand
- parallelogram