

PE

Joe Wicks is now doing PE with Joe three times a week! Log on to his you tube challenge live or watch it back to carry it out later on in the day. Not only will it keep you fit but it will keep you healthy in your mind as well!



Monday

Today we are going to find out a little bit about where some foods come from and how they are made! Watch the 'Maddie's do you know' clips attached below! They are really interesting!



BBC I player, Cbeebies , Maddies do you know - popcorn and pasta

<https://www.bbc.co.uk/iplayer/episode/b07x16n2/maddies-do-you-know-series-1-11-popcorn-and-pasta>

BBC I player, Cbeebies , Maddies do you know - eggs and bread

<https://www.bbc.co.uk/iplayer/episode/b080st42/maddies-do-you-know-series-1-20-eggs-and-bread>

Research challenge: pick a food you would like to research! Can you find out how it is made? Some good ones might be cheese, yoghurt or even sweets! Record a short clip on seesaw to explain what you have found out!

Year 2 Home and In School Learning

Wider curriculum

Health, hygiene and food tech

Key learning area:

PE - General fitness - get your heart rate up and build up your muscles!

- To find out about where some food comes from and how it is made
- To identify safe and hygienic practises in and around the kitchen
- To weigh and measure out ingredients when cooking and use equipment safely
- To make something delicious!

Remember to share anything you have done on SeeSaw!

Tuesday

Today we are going to learn a little bit about safety and hygiene in the kitchen!

Watch the clip below and see what you can remember!

<https://www.youtube.com/watch?v=KL9r9q9n20A>



Create a 'top tips' flyer to stick up in your kitchen! There is an example of one below!



Thursday - baking day!

Now you have learnt about hygiene and safety in the kitchen have a go at making something! Here are a couple of recipe links! Or you may want to make something of your choice! Put a photo on Seesaw of what you have made!



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Muffins:

<https://www.bbcgoodfood.com/recipes/chocolate-chip-muffins>

Chocolate brownie cake:

<https://www.bbcgoodfood.com/recipes/chocolate-brownie-cake-0>

Cheese straws:

<https://www.bbcgoodfood.com/recipes/quick-cheese-straws>

Always wash your hands



Tie your hair back

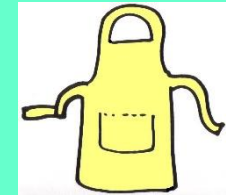


Use your knife safely



**Freddie's Kitchen
Safety and
Hygiene Tips!**

Wear an apron



Make sure you turn off
equipment



Use an oven glove



Wipe surfaces down

