

## **Discovery**

This week I would like you to focus on healthy eating. Firstly I would like you to research the food groups and make a poster which explains them all.

Next I want you to cook 2 – 3 meals. I will include some recipes from below to give you some ideas but feel free to cook your own recipes and don't forget to have an adult around to help.

### **Mushroom Popcorn**

These bite-sized button mushrooms are masked with Panko crumbs, sauces and delicious herbs that little ones (and parents) will love.

<https://www.kidspot.com.au/kitchen/recipes/mushroom-popcorn-recipe/2oduf3fe?r=collection/kidsmeals&c=0qrnlc3m/Kids%20meals>

### **Cheesy three veg pasta bake**

Pasta, peas, corn and carrot in a yummy cheesy sauce.

<https://www.kidspot.com.au/kitchen/recipes/cheesy-three-veggie-pasta-bake-recipe/swssrm2j?r=collection/kidsmeals&c=0qrnlc3m/Kids%20meals>

### **Homemade KFC burgers**

These homemade KFC burgers are finger lickin' good - but healthy too. The chicken is baked not fried meaning it's better for you, plus you can add as many fresh salad veggies to your burger bun as you like. Yum!

<https://www.kidspot.com.au/kitchen/recipes/homemade-kfc-burgers/wvfkeckr?r=collection/kidsmeals&c=0qrnlc3m/Kids%20meals>

### **Fish and Chips**

No need to head out to the local takeaway for your fish and chips. This recipe is really easy to do at home and the whole family will love it.

<https://www.kidspot.com.au/kitchen/recipes/fish-chips/r06cxfrf?r=collection/kidsmeals&c=0qrnlc3m/Kids%20meals>

For each meal you cook take a picture and write a review which tells me how tasty it was, how healthy it was, how easy it was to prepare and if you would recommend it – this should be like a piece of extended writing and at least half a page long. If you are feeling really adventurous why not make one of your reviews a video one?

## **Outdoor Learning Day**

For outdoor learning day I want you to help prepare a picnic for you and your family. Pick a nice spot outside to have it and once it is complete it is your job to set up an obstacle for everyone at the picnic and then ... race.

Make sure to get pictures of your obstacle course, and why not film yourself completing it?

Here is some ideas for your obstacle course - <https://www.mummyspages.ie/20-fun-activities-for-a-back-garden-kiddie-obstacle-course>

## Wellness Wednesdays

Below are a list of activities which will help you get the most out of your wellness Wednesday. Try to complete them all.

### Physical Activity

<https://www.youtube.com/watch?v=TqF0RpAF4pc>

<https://www.youtube.com/watch?v=X655B4ISakg>

### Mental Health

#### Kindness

Make a list of seven kind things you can do for someone else. This could be for people you live with (e.g. do the dishes one evening, tidy your room, read with your brother or sister) or people you don't get to see every day (send someone a compliment by text, draw a picture and send a photo of it to your grandparents, etc). Each day, do one of the seven kind things from your list.

#### Character Strengths

Watch a film, then talk with your family or friends (or teachers if you are at school) about the strengths you spotted in the various characters in the film. Give examples of how they used those strengths.

#### Moon Sand

Make your own moon sand for some relaxation and fun -

<https://www.happinessishomemade.net/easy-diy-homemade-moon-sand/>

### Family Relationships

These are always important, not maybe more than ever. Your task today, and for the next week, is to help look after the garden or a house plant. Gardening can be fun.