

## INTRODUCTION:

As the world becomes more densely populated it is important now more than ever to reduce the amount of waste we produce. By using old cereal boxes instead of paper is a great way to re-purpose something that would usually end up in the bin.

## RECIPE TIPS- Crunchy Munchy Ice Bites:

- You can use any fruits you have at home, fresh, frozen or tinned!
- Use muffin cases to build the snack. If you don't have any use a ramekin, ice cube tray (for mini ones) or a cupcake tin.
- Any yogurt you have in the fridge will work with this recipe.

## ACTIVITY 1 TIPS:

- KS1- Use any items you find in the house, garden or while you're out on a walk. Sticks, small pebbles, old cereal, random pieces of pasta will all work. PVA may work best for heavier items, but normal glue should work too.

## ACTIVITY 2 TIPS:

- KS2- Use any scrap paper or cardboard you having lying around the house. It's a great opportunity to use up things that would normally go in the bin. Old cereal/food boxes, parcels, wrapping paper ect will all work well!



## NUTRITION NUGGET:

- It doesn't matter if fruit is fresh, frozen, tinned or dried all count towards our 5 a day.
- Choose a cereal that doesn't contain lots of added sugar, too much sugar is bad for our teeth. Oats, rice crispies, crushed up weetabix or shredded wheat are the best options. There are lots of natural sugars in fruit and yoghurt to make the snack sweet.

## CURRICULUM LINKS:

- Art - Become proficient in drawing, painting, sculpture and other art, craft and design techniques.
- PSHE - Broaden the knowledge and understanding of environmental issues

## TOOLS REQUIRED:

- An old cereal box, A handful of cereal, Paint or coloured pens, Glue stick, Scissors, Twigs, Leaves or other items from a garden or found when walking

