# FOODIE FRACTIONS - GROWN UP GUIDE





### INTRODUCTION:

A fraction represents part of a whole. When something is broken up into a number of parts, the fraction shows how many of those parts you have. This activity uses food to help children understand the concept of fractions.

#### **RECIPE TIPS:**

- If you don't have a pastry brush, you can always use a little bit of kitchen roll dipped into oil, however, make sure a grown up does this bit.
- Fresh lemons can sometimes be a little hard to find, but don't worry, preserved lemon juice can often be found in the baking aisle of the supermarket, which makes a great alternative.
- If you don't use all of your fresh lemon or lime, they can be frozen, which makes great additions into water when the weather is nice and warm

#### ACTIVITY TIPS:

- You can use real life visuals when slicing pizzas, pies, wraps ect to understand how many pieces are left.
- If you count the total number of tortilla segments then it will give you your top number, if you
  count the total number of segments (including the blank ones) it will give you your bottom
  number
- ANSWERS: Question 2 = 3/4. Question 3 = 1/2. Question 4 = 1/4. Question 5 = 7/8.

## NUTRITION NUGGET:

- Did you know that avocado is rich in unsaturated fats, which can help protect your heart by lowering blood cholesterol?
- Refried beans are a staple in Mexican cuisine, which would make an excellent side dish for your Mexican Toasties/Quesidilla that you made with Chef Allegra. Did you know that beans are a great source of vegetarian protein?

## **CURRICULUM LINKS:**

Maths- Recognise, find, name and write fractions of a length, shape, set of objects or quantity.

## TOOLS REQUIRED:

- Pencil/Pen
- Paper

